

Information for those who have a confirmed Covid-19 infection

The contents are valid for Västmanland

If your test result shows that you have an ongoing infection caused by Covid-19, it is important for you to stay home in order not to infect others. You must also follow the Communicable Diseases Act (*smittskyddslagen*). What you must do is explained here.

For how long will I be contagious?

You will be contagious for at least 7 days from the day when your symptoms began. If 7 days have passed since you fell ill **and** you have not had a fever for 48 hours **and** you feel better in general, you are no longer considered to be contagious. This applies even if you still have certain symptoms 7 days after you fell ill, such as a dry cough or an impaired sense of taste and smell.

If you had no symptoms when you left your sample and you do not develop any symptoms during the following week, you are no longer considered to be contagious when 7 days have passed since you left your sample.

If you have been treated at a hospital for Covid-19, or if you are a resident at an old people's home, your doctor will let you know for how long you are considered to be contagious. If your immune system is severely impaired, for example because of ongoing chemotherapy, you may be contagious for longer. Then you are considered contagious for at least 3 weeks from when your first symptoms appeared. If you are uncertain, you should contact your doctor.

If you are unsure whether you are considered to be contagious, you may call 021-17 30 00 (select "1") for advice.

You should **not** take a new test to see if you are free of the infection, because the test may show traces of the virus for up to 6 months.

While you are contagious, you must comply with the following points:

- Do not go to work or school.
- Avoid seeing people other than those you live with. Try to keep a distance (at least 1 metre, preferably 2 metres) from those you live with. However, this does not apply to children you have parental responsibility for – children's need for intimacy is more important than the need to keep a distance.
 - Be in a room of your own.

- Do not eat with others.
- If possible, do not share a bathroom with others.
- Follow specific hygiene procedures:
 - Make sure that you wash your hands often.
 - Use your own towel.
 - Clean/disinfect surfaces in your home that people often touch, such as water taps (faucets) and door handles.
 - Do not drink from the same glass as others, and do not use the same knife, fork and spoon as others.
 - Always sneeze/cough into your elbow or into a tissue or handkerchief.
- Do not visit shops and do not use public transport.
- If you seek health-care, inform the health-care staff that you are infected with Covid-19.
- Familiarise yourself with the rules of conduct that you must follow under the Communicable Diseases Act: [Association of Regional Chief Medical Officers for Infectious Diseases Control: household contacts](#)

Contact tracing – what you must do immediately

All those with a confirmed Covid-19 infection have a duty under the Communicable Diseases Act to participate in contact tracing. To minimise the spread of Covid-19, it is important that all those who may have been infected are informed as soon as possible.

1. Try to remember what people you have been in close contact with during the period when you have been contagious so far. Close contact means that you spent at least 15 minutes with someone within a distance of 2 metres or less – including outdoors.

You have been contagious since 48 hours before you first felt unwell and had symptoms. If you do not have any symptoms, you are considered to have been contagious starting 48 hours before you left your sample.

The people you live with always count as close contacts. Close contacts may also be people who have visited your home or whose home you have visited during the period in question. Further, they may be friends you have been close to in other locations or work colleagues you have been close to, for example by sitting next to them. If you may have exposed people other than your colleagues (such as students, patients or customers) to the infection at your place of work, contact your manager and ask him or her to read [Extended contact tracing for Covid-19 at schools, in workplaces and in clubs and associations](#).

If you are a school student, your legal guardian must inform the principal of your school that you have a confirmed Covid-19 infection.

2. Telephone, text or e-mail all friends and colleagues that you have been in close contact with while you have been contagious to inform them that they may have been exposed to the infection. A suggested wording is given below. If, for some reason, you do not want to contact your close contacts yourself, the Covid-19 Contact Tracing Team can help you.
3. Ask your close contacts to read the following information: [Information for those who have been in close contact with someone who has Covid-19](#).

4. Encourage all of your contacts to immediately make an appointment for a test if they develop any symptoms (even mild ones).
5. It is recommended that those you have been face-to-face with indoors within a 2-metre distance for more than 15 minutes during the period when you have been contagious should make an appointment to leave a sample even if they do not have any symptoms. Those you live with must leave a sample for Covid-19 testing 5 days after you left your sample. Those you live with must stay home from school/work for 7 days and wait for their test result. Your other close contacts may go to school/work for as long as they have no symptoms at all, but if possible they should work or study at a distance.

Those who have had Covid-19 or who were given the first vaccine dose at least 3 weeks ago are generally exempt from the rules of conduct and the testing recommendation (read more in the Information for those who have been in close contact with someone who has Covid-19).

6. Tell your close contacts that they should see as few people as possible for 14 days starting from your last contact. This applies even if they have been tested and the test result did not show that they have Covid-19.
7. Confirm that you have carried out the above by answering the questions in the questionnaire you will find in your inbox when you have [logged in](#). If you have left a sample in Region Västmanland and are unable to log in to 1177.se, the Covid-19 Contact Tracing Team will contact you.

Suggested wording for your message to those you have been in close contact with

Hi! I've just found out that I have Covid-19. I'm contacting you as part of contact tracing because we were in contact at a time when I may have been contagious without knowing it. The Västmanland Infectious Diseases Service asks you to read [Information for those who have been in close contact with someone who has Covid-19 at 1177.se/Västmanland](#).

To break the chain of infection, it is important that you immediately make an appointment to have a Covid-19 self-sample taken even if you have no symptoms. If you have already had Covid-19 or have been vaccinated, you can find out what rules apply to you at [1177.se](#)

Even if your test result shows that you don't have Covid-19, it's important that you see as few people as possible in the next 14 days. Work or study at a distance if you can.

Should I inform my manager, my school, my sports coach?

If you have met people at your place of work or elsewhere (such as at school, at sports practice or in other leisure activities) that you may have infected, and if for various reasons you cannot or should not inform them yourself, you may ask your manager, sports coach, school principal, etc., to help you. It is important to make sure that all those who may have been infected are informed, but they have no right to know that you are the one who has Covid-19.

Your manager, sports coach, school principal, etc., can facilitate contact tracing by passing on information.

More information can be found here: [Extended contact tracing for Covid-19 at schools, in workplaces and in clubs and associations](#)

Where can I find information?

- For general information about Covid-19, first read the information on the pages [about your test result](#) or call 113 13.
- If you have questions about your health, contact your local health centre (*vårdcentral*) or 1177 Vårdguiden by phone.
- If you have questions about contact tracing, call the regional Covid-19 Contact Tracing Team at [021-17 55 89](#)
- If you have questions about contagiousness, you may call 021-17 30 00 (select “1”).

Self-care and rehabilitation

[Advice on self-care and tips for those who have or have had Covid-19.](#)

If your state of health becomes worse

If your state of health becomes worse, contact your local health centre (*vårdcentral*) or 1177 Vårdguiden by phone. If your life is in danger, call 112. Remember to mention that you have Covid-19.