

# Information for those who have been in close contact with someone who has Covid-19

Contents valid for Västmanland

If you have been in close contact with someone who has Covid-19, you must pay special attention to any symptoms that you may have and see as few people as possible. If someone you live with has Covid-19, you have an obligation to follow certain rules of conduct.

## If you are unvaccinated and live or have lived with someone who has Covid-19

If you live or have lived with a person at the contagious stage of Covid-19, you have an obligation to follow specific rules of conduct.

Those rules of conduct apply until 7 days after the day when the person you live or have lived with left the sample that confirmed his or her Covid-19 diagnosis. Log in to 1177.se and activate text or e-mail messages so that the health-care services can get in touch with you for contact tracing.

- Whatever your age, if you have lived with someone with a confirmed Covid-19 diagnosis at the contagious stage, you must stay home for 7 days from the day when the person with Covid-19 left his or her sample. This means that you must not go to your place of work, school or pre-school during that time.
- You must try your best to avoid seeing people who do not belong to your household. You may make necessary purchases of food, medical drugs and similar, for as long as you are completely healthy and unless you can have such items delivered to your home or get family or friends to help you.
- You must tell your manager or school principal that you may have been exposed to the infection.
- You must work or study from home. If you are unable to carry out your work from home, you may apply for [disease carrier's benefit \(\*smittbärarpenning\*\) from the Social Insurance Agency \(\*Försäkringskassan\*\)](#). This benefit is paid to those who are able to work but are not allowed to do so because of the risk of infecting others. You need a doctor's certificate corroborating that you cannot be at your place of work. When the person with Covid-19 that you have lived with has indicated you as a household contact, your family doctor will issue such a certificate. *Contact your family doctor for a certificate relating to disease carrier's benefit when you see that there is a note in your medical records added by the Covid-19 Contact Tracing Team.*
- You must be careful about your hand hygiene.

- If you are in the pre-school class (*förskoleklass*) or are older, you must [make an appointment to take a Covid-19 self-sample \(PCR\)](#) on **day 5** after the person you have lived with left the sample that confirmed the Covid-19 diagnosis. For example, if the person you live with left a sample on 1 October and that sample confirmed his or her Covid-19 diagnosis, you must make an appointment for a sample to be taken on 6 October (5 days later). This applies to all those, in the pre-school class or older, who live or have lived with a person who has Covid-19. It is generally not recommended that children who are too young to be in the pre-school class should be tested for Covid-19.
- If you are in the pre-school class or are older and develop symptoms, you must immediately [make an appointment to take a Covid-19 self-sample \(PCR\)](#).

## If you are vaccinated and live or have lived with someone who has Covid-19

If you live or have lived with a person at the contagious stage of Covid-19, you have an obligation to follow specific rules of conduct.

Those rules of conduct apply until 7 days after the day when the person you live or have lived with left the sample that confirmed his or her Covid-19 diagnosis. Read more below, and log in to 1177.se and activate text or e-mail messages so that the health-care services can get in touch with you for contact tracing.

- Whatever your age and vaccination status, if you have lived with someone with a confirmed Covid-19 diagnosis at the contagious stage, you must stay home for 7 days from the day when the person with Covid-19 left his or her sample. This means that you must not go to your place of work, school or pre-school during that time.
- You must try your best to avoid seeing people who do not belong to your household. You may make necessary purchases of food, medical drugs and similar, for as long as you are completely healthy and unless you can have such items delivered to your home or get family or friends to help you.
- You must tell your manager or school principal that you may have been exposed to the infection.
- You must work or study from home. If you are unable to carry out your work from home, you may apply for [disease carrier's benefit \(\*smittbärarpenning\*\) from the Social Insurance Agency \(\*Försäkringskassan\*\)](#). This benefit is paid to those who are able to work but are not allowed to do so because of the risk of infecting others. You need a doctor's certificate corroborating that you cannot be at your place of work. When the person with Covid-19 that you have lived with has indicated you as a household contact, your family doctor will issue such a certificate. *Contact your family doctor for a certificate relating to disease carrier's benefit when you see that there is a note in your medical records added by the Covid-19 Contact Tracing Team.*
- You must be careful about your hand hygiene.
- If you are in the pre-school class (*förskoleklass*) or are older, you must [make an appointment to take a Covid-19 self-sample \(PCR\)](#) on **day 5** after the person you have lived with left the sample that confirmed the Covid-19 diagnosis. For example, if the person you live with left a sample on 1 October

and that sample confirmed his or her Covid-19 diagnosis, you must make an appointment for a sample to be taken on 6 October (5 days later). This applies to all those, in the pre-school class or older, who live or have lived with a person who has Covid-19. It is generally not recommended that children who are too young to be in the pre-school class should be tested for Covid-19.

- If you are in the pre-school class or are older and develop symptoms, you must immediately [make an appointment to take a Covid-19 self-sample \(PCR\)](#).

## If you have had Covid-19 in the past six months and live or have lived with someone who has Covid-19

- Provided that you have no symptoms, you do not need to stay home or abstain from going to school or work.
- If you develop symptoms, you do not need to leave a sample for testing, but you must stay home until you have been free of symptoms for 24 hours.

## If you are unvaccinated and have been in close contact with a person who has Covid-19 but have not lived with that person

- You need to pay **special attention to any symptoms** that may be signs of Covid-19.
- If you develop symptoms, you must immediately [make an appointment to take a self-sample](#) (this applies to children in the pre-school class (*förskoleklass*) and to anyone who is older).
- If you have been **face-to-face within a 2-metre distance for more than 15 minutes** with a person who was contagious, and you are informed that you should be tested even if you have no symptoms, you must [make an appointment to take a self-sample](#) via 1177.se. This is to discover any spreading of the infection. If the first test does not show that you have Covid-19, you must **take another test** about 5 days after you were exposed to the infection (this does not apply to children in primary school (*låg- och mellanstadiet*)).
- Work at a distance if you can.
- Tell your manager/school principal that you may have been exposed to the infection.
- For a period of 7 days, starting on the last day when you may have been exposed to the infection, you must see as few people as possible and be careful to keep your distance from others. You may go to school or work, but you must **abstain from all leisure activities**. This applies even if you have left a sample that did not test positive for Covid-19. The guidelines for participation in leisure activities by unvaccinated close contacts are more restrictive in Västmanland than nationally, because the level of Covid-19 infection is very high in Västmanland and because there have been many cases where the infection has been transmitted within groups of people engaging in leisure activities.
- Be careful about your hand hygiene.

## If you are vaccinated and have been in close contact with a person who has Covid-19 but have not lived with that person

- You need to pay **special attention to any symptoms** that may be signs of Covid-19.
- If you develop symptoms, you must immediately [make an appointment to take a self-sample](#) (this applies to children in the pre-school class (*förskoleklass*) and to anyone who is older).
- Be careful about your hand hygiene.

## If you have had Covid-19 in the past six months and have been in close contact with someone who has Covid-19 but have not lived with that person

- Provided that you have no symptoms, you do not need to stay home or abstain from going to school or work or from participating in leisure activities.
- If you develop symptoms, you do not need to leave a sample for testing, but you must stay home until you have been free of symptoms for 24 hours.

## What should I do if I develop symptoms?

### Those enrolled in the pre-school class (*förskoleklass*) and those who are older

If you develop symptoms, even mild ones, you must **stay home** and **make an appointment to have a sample taken for Covid-19 testing**. Information about how to make an appointment to have a sample taken can be found here: [Testing for Covid-19 in Västmanland](#). While you wait for your test result, you must follow the same recommendations that would apply if you knew you had Covid-19. You will receive more information when you make your appointment.

### Children who are too young to enrol in the pre-school class (*förskoleklass*)

Pre-school children who develop symptoms that could be signs of respiratory infection should stay home. Signs of respiratory infection include sore throat, fever, cough and a general feeling of illness. As a rule, pre-school children do not need to be tested for Covid-19.

Children who have stayed home may return to their pre-school when they:

- have not had a fever for 24 hours, and
- feel well, even if they still have certain respiratory symptoms.

In the vast majority of cases, this means that they have to stay home between a few days and an entire week.

## What should I do if I need health-care for Covid-19 or some other condition?

If you need advice, your first option should be to call your local health centre (*vårdcentral*) or 1177 Vårdguiden. If your life is in danger, call 112. Remember to mention that you may have been infected with Covid-19.

### Information in other languages

#### INFORMATION IN VARIOUS LANGUAGES

- 19-مُصاب بكوفيد معلومات إلى من كان على تواصل قريب مع شخص
- دیک داشته ایتماس نزد 19-دی شما که با فرد مبتلا به کوو یرهنمود برا
- Information for those who have been in close contact with someone who has Covid-19
- Tietoja sinulle, joka olet ollut lähiyhteydessä henkilöön, jolla on covid-19
- تماس داشته اند 19-دی که با فرد مبتلا به کووی که با یه افراد ی اطلاع رسان
- Warbixin loogu talagalay qofka adigoo kale ah oo xiriir dhow la yeeshay qof u cudurka [covid-19] ku dhacay
- ለሌሎች ግንኙነት ብክኝቷ-19 ምስ ዝተለኸፈ ሰብ ናይ ቀረብ ርክብ ዝነበረካ
- Información para personas que hayan tenido contacto estrecho con alguien que padezca de covid-19

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