

## Information and instructions to those who have been in an establishment where cases of COVID-19 have been confirmed

### Why am I receiving this information?

Cases of COVID-19 have been confirmed in connection with the establishment. Contact tracing is under way, the extent of which is determined by those tracing the infection. You have not been identified as a close contact who is assessed to have been directly exposed to infection. Everyone in the establishment is encouraged to be extra alert to even mild symptoms. It is recommended that anyone experiencing symptoms should get tested.

### What should I do now?

You should continue as before and follow the general recommendations that are in place, such as having good hand hygiene and keeping a distance from others wherever possible. If you experience symptoms – even mild ones – go straight home and stay there. Get yourself tested for COVID-19 and wait for the results before returning to the establishment. Note that even if the test shows that you do not have COVID-19, you may still get sick later.

### How do I get tested?

You can request a self-test kit from 1177.se. A PCR test reveals whether you have the virus in your respiratory tracts. The test is free of charge and is done at home. Parents and guardians request tests for children. If the child has reached the age of 13, he or she needs to have their own BankID or Freja eID Plus in order to request a self-test kit.

If the child lacks an electronic ID, you can call the health centre, which will assess whether a test should be taken there instead. Information about testing is available on 1177.se.

### Getting BankID or Freja eID Plus

Approval is needed from parents or guardians in order to get BankID; the rules are different for each bank. The age limit varies. Most banks issue BankID to children over the age of 13, but not all do.

Mobile SäkerhetsID and equivalent electronic ID systems cannot be used to log in on 1177.se.

Freja eID Plus is a free, mobile, Swedish electronic ID. How do get it:

- Download an app for your mobile phone or tablet.
- Visit a participating ATG agent to activate the electronic ID at the Plus level.
- If you are younger than 18, you must have permission from your parents or guardians to get Freja eID Plus.

### **Does this apply even if I have already had COVID-19?**

If you have previously had a confirmed COVID-19 infection within the last six months, you do not need to take a test. If you get sick, you should nevertheless stay at home until you are completely well.

### **When should household contacts isolate themselves at home?**

Self-isolation is decided by a doctor and is used only when there is a confirmed case of the illness in the household.

## **Facts about COVID-19**

### **When might I get sick?**

The length of time between being infected and potentially getting sick (the incubation period) is between two and fourteen days; five days is most common.

### **What are the common symptoms of COVID-19?**

Fever, runny nose, shortness of breath, sore throat, headache, muscle pain, a loss of taste and smell, upset stomach and diarrhoea. Most people experience a minor illness with mild symptoms, but some get more seriously ill and experience difficulty breathing, requiring hospital care.

### **How are coronaviruses spread?**

Coronaviruses are transmitted via so-called droplet transmission and through direct contact. When someone sneezes, coughs or speaks, infectious droplets form in the air. If you are physically close to that person, you can become infected. When the droplets land on surfaces or objects, the infection can spread from there, usually via the hands. If you touch your eyes or nose without having washed your hands, viruses can enter the body that way. That is why it is important to keep a distance from others and to wash your hands frequently.