

Infection control and health care hygiene

For people who have had close contact with a person who has COVID-19

You are receiving this information because you may have been exposed to the coronavirus, which causes COVID-19.

The infection usually causes minor illness with mild respiratory symptoms (e.g. cold, cough or fever). Some people get sicker and develop breathing problems, and need to be treated in hospital. Some may also experience muscle aches, sore throat, headaches, and stomach complaints with diarrhoea.

The amount of time between when a person contracts the disease and when she/he becomes sick (the incubation period) varies between 2 and 14 days, although it is most commonly 5 days.

COVID-19 is transmitted via droplet and contact infection, which means that secretions from coughs and sneezing are spread from the sick person and can then be transmitted further via the hands and other contact surfaces.

To protect your own health and the health of others, you are encouraged to:

- pay attention to whether you experience symptoms such as a cold, cough, fever, headache, muscle aches, breathing problems or loss of sense of smell and taste within the 14 days following contact.
- be careful about washing your hands and be sure to cough and sneeze into your inner elbow or into disposable paper.
- work as usual as long as you are symptom-free, but if you work in health care or care, you should inform your employer that you have been exposed to infection.
- consider what social activities are necessary and which you may be able to forego.
- avoid meeting people over 70 years of age.

If you develop symptoms:

- you should stay at home and not go to work or school. You should also avoid meeting people other than those who live in your household. Stay at home for at least one week or until you feel completely healthy and have been consistently symptom-free for two days.
- if you are registered in Östergötland, you can book an appointment for testing directly by logging in to 1177.se. When visiting your health care provider, you should avoid spending time in waiting rooms or using municipal transportation when you travel there. You can also contact your health centre for advice and testing. Please inform us that you have received this letter.
- and need urgent medical care, call 112 and tell us about this letter and your symptoms.

If in the last 6 months you have been tested and diagnosed with COVID-19, you should not get tested again. Instead, stay at home until your symptoms have passed. Otherwise, you should follow the COVID-19 guidelines that apply to everyone in your community.

Read more about COVID-19 at 1177.se