

For parents and legal guardians with children in preschool  
Information from Smittskydd Halland (Halland Infectious Disease Unit)

## Information about a case of COVID-19

**You are receiving this information because a person your child has been in close contact with at preschool has COVID-19, and your child may have been exposed to infection. Children exposed to infection may continue to attend preschool as long as they are healthy and symptom-free.**

(Note: If someone at home is infected, the child must stay at home and not go to preschool.)

Bear in mind that it can take 2–14 days from the day of infection until symptoms emerge and that you can already be infectious 1–2 days before developing symptoms.

### **Please help your child to**

- pay careful attention to symptoms and stay at home if they develop the slightest symptom.
- take extra care to wash their hands, keep their distance, and cough and sneeze into the crook of their arm.
- meet as few people as possible.
- preferably avoid leisure activities during the coming week.

It is also appropriate for other family members to limit their social contacts outside the home for the same period.

If your child or someone else in the family is symptom-free and has been confirmed as having had COVID-19 over the last 6 months or has been vaccinated (dose 2 at least 2 weeks earlier), they do not need to stay at home, even if someone else in the family has COVID-19. This also applies in other cases of close contact with infected persons.

**All those who develop symptoms must stay at home immediately. Those who are 6 years or older must also book an appointment for a test (also applies to vaccinated individuals).** Those who have had COVID-19 in the last 6 months do not need to book a test but must stay at home while having symptoms.

If your child requires healthcare, you must tell the staff that they may have been exposed to COVID-19.

More information is available at [1177.se/Halland](https://1177.se/Halland) about how long children must stay at home if they have symptoms.

**Testing?**

For children aged 0–5, testing for COVID-19 is not generally recommended. If the child has symptoms and infection has not already been confirmed in another family member, testing may be considered since the whole family must stay at home if there is COVID-19 in the household. If such a need is identified, the child can be tested at the healthcare centre.

**Children and the spread of infection**

Children usually get mild COVID-19 symptoms, and fewer children than adults get the disease. Children are not as infectious as adults. But it is still important to pay attention to symptoms and take responsibility for not spreading the infection.

*\*People living with the person with COVID-19 must follow the special rules of conduct available on the Smittskyddsläkareföreningen website at [www.slf.se/smittskyddslakarforeningen/smittskyddsblad/](http://www.slf.se/smittskyddslakarforeningen/smittskyddsblad/) called Information and rules of conduct for household contacts.*