

You may have been exposed to infection

(does not apply to those living with an infected person, known as a household contact – you will receive different information)*

You are receiving this information because a person you are in close contact with has COVID-19, and you may have been exposed to infection. The person may have already been infectious two days before they developed their first symptoms.

Contact tracing therefore identifies all close contacts the infected person had from 48 hours before the person developed symptoms.

COVID-19 is caused by a virus that is spread from person to person by coughing and sneezing, as well as through what is known as contact infection, which is when the infection is spread via hands, surfaces and objects. The most important ways of avoiding infection are therefore keeping your distance and frequently washing your hands. It takes 2–14 days from being infected until you get symptoms.

Symptoms of COVID-19 include fever, cough, difficulty breathing, runny nose, nasal congestion, sore throat, headache, muscle and joint pain, nausea and diarrhoea. The symptoms may be mild. It is common for your senses of taste and smell to disappear.

The following applies to all those who may have been infected:

You must (for 14 days from the day you last met the infectious person):

- pay particular attention to symptoms. If you develop symptoms, even mild ones, you must stay at home and book an appointment for self-testing. Read more and book an appointment at www.1177.se/Halland
- work from home if possible. Inform your boss that you have been exposed to COVID-19. Does not apply to those unable to work from home or students at compulsory or upper secondary school.
- feel fully healthy to be allowed to attend preschool, compulsory school or upper secondary school.
- meet as few people as possible, avoid meeting friends and refrain from leisure activities that involve contact with others.
- keep your distance (1.5–2 metres) from those you are obliged to meet, both indoors and outdoors.
- if you need healthcare, tell the staff that you may have been infected with COVID-19.

If you have had close contact (less than 2 metres away for a total of more than 15 minutes during the same day) or recurrent close contact with the infected person, as an adult or a grade 7–9 or upper secondary school student with no symptoms, you must:

- get tested for COVID-19 on the day you receive notification that someone you have been in close contact with has COVID-19 (or as soon as possible).
- if the test shows that you do not have COVID-19 (negative test result), book a new appointment for a self-test and also get tested on day 5 after you last met the person with COVID-19. If the result from the first test does not arrive by day 5, get tested on day 6 or 7, but no later than day 7.

Children in grades 7–9 and at upper secondary school are included in this recommendation, but not children in grades 1–6 or preschool, unless the child receives specific information that they need to get tested.

Those who are symptom-free and have been confirmed as having had COVID-19 in the last 6 months do not need to stay at home or book a test. This also applies to vaccinated individuals who received their dose 2 at least 2 weeks earlier.

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.

**Those living with a person with COVID-19 must follow Information and rules of conduct for [household contacts](https://www.slf.se/smittskyddslakarforeningen/household-contacts), which is available on the Smittskyddsläkarforeningen website at www.slf.se/smittskyddslakarforeningen/smittskyddsblad/*