

## Information to parents and guardians regarding cases of Covid-19 – primary and secondary school (preschool class – year 9)

Your child has been in contact with a person who has Covid-19, and they could have been exposed to the virus. You therefore need to read the following information.

### **The following applies if your child is symptom-free:**

- Your child can continue to attend school and out-of-school centre.
- Be on the lookout for symptoms that could be a sign of Covid-19 for the next 14 days. Children could have very mild symptoms, and it is therefore important to be particularly observant.

### **The following applies if your child has symptoms, even if they are mild:**

- Your child must stay at home and not come into contact with anyone outside their household.
- Your child must take a Covid-19 test as soon as possible and continue to stay at home until the test results are available.

### **The following applies if you have been informed that your child has been in close contact with someone who has Covid-19**

The contact tracing process includes assessing who has been **in close contact** with the infected person. Close contact means coming into contact with a person at a distance of less than 2 metres for a total of at least 15 minutes during a 24-hour period. If your child is considered to have been in close contact with the infected person, you will be informed by the person directly, by a member of the contact tracing team, or by the principal/school staff.

- Your child must take a Covid-19 test even if they are symptom-free (exceptions are listed below).
  - A test must be taken as soon as possible after you have been told that your child could have been exposed to the virus. A further test must be taken on day 5 after the most recent contact with the infected person.
  - If 4 days have already passed since the most recent close contact, one test is sufficient. If more than 7 days have passed since the most recent close contact, your child does not need to take a test.
- If your child is symptom-free they can attend school and out-of-school centre while they are waiting for their test results.
- Your child must not take part in sports or other leisure activities outside school for the next 7 days.
- Children with symptoms must stay at home.

For pupils in the final three years of secondary school it is usually possible according to the definition above to identify close contacts.

In the case of younger people it can sometimes be more difficult, although testing of symptom-free pupils is recommended in those cases where close contact with the infected person can be identified, such as the pupil's closest friend/friends and those they sit with at school.

### **If there are several cases of Covid 19 in a class/limited group**

In the case of two or more confirmed cases of Covid-19 in a class/group over a two-week period, testing of the whole class/group is recommended. If this is required, you will receive information from the school.

### **What applies to those who have had Covid-19?**

If your child has had Covid-19 during the past six months, the above instructions do not apply. Your child must stay at home if they have symptoms although they do not need to test for Covid-19.

### **What applies to those who have been vaccinated against Covid-19?**

If your child has been fully vaccinated for at least two weeks, the instructions about not taking part in leisure activities do not apply. Nor does your child need to take a test if they do not have any symptoms. However, those who have been vaccinated and develop symptoms must stay at home and test for Covid-19.

### **What is the testing procedure?**

If you or your child have eID you can collect and drop off a test kit at the special testing boxes that can be found at medical centres throughout the county. In certain cases test kits could be available at the school. It is the responsibility of a parent or guardian to ensure that testing is carried out and that the sample is placed in a testing box. You can read more about the testing procedure by going to [1177.se](https://www.1177.se). There you will also find information about how you can test yourself if you do not have eID. Testing is free of charge.

## **Facts about Covid-19**

### *How long is the incubation period?*

The time between when you become infected and when you become ill (incubation period) is 2-14 days but is generally 5 days.

### *What are the most common symptoms of Covid-19?*

Fever, cold symptoms (runny nose, cough, sore throat), loss of smell and taste, headaches, aching muscles, stomach problems, and diarrhoea. Although most people are not severely affected and only have mild symptoms, some have difficulty breathing and require hospital treatment.

### *How is Covid-19 transmitted?*

Covid-19 is transmitted through what are known as aerosols as well as direct contact. When a person sneezes or coughs, infectious droplets form in the air. Anyone close by could become infected. When the droplets fall onto surfaces or objects, the virus can be transmitted from there, in most cases via your hands.

### *General preventive measures that apply to everyone*

- Wash your hands frequently using soap and water
- Keep a safe distance between yourself and other people
- Cough and sneeze into the crook of your arm