

Information and instructions to school staff, students and parents and carers regarding positive cases of COVID-19

Why am I being sent this information?

Positive cases of COVID-19 have been reported in your class/staff group at school. This means you may have been exposed to the coronavirus that causes COVID-19. This does not mean you have definitely been infected with the virus or that you will be ill. The risk is highest if you have been in close contact with an infectious person. A person can be infectious for 48 hours before they start to show symptoms. You are considered to be a close contact if you have been within 2 metres of the infected person for more than 15 minutes in a 24-hour period (this does not need to be an uninterrupted period of 15 minutes). In a classroom or other set group in the school environment it can be difficult to tell whether you have been in close contact and in practice the whole class is often considered to be affected.

What do I do now?

Read and follow the information at [Information to close contacts \(not household contacts\) of a person with COVID-19](#). If you are unvaccinated or have only received one dose of vaccine against COVID-19, it is important that you get a test whether or not you have symptoms. It is important that you take a test as soon as possible once you are aware that you have been in close contact with a person with COVID-19, i.e. been in a class or a group with a positive case of COVID-19. If more than 7 days have passed, you do not need to take a test but should instead be alert to symptoms. If you do not have symptoms, you can continue to attend school while awaiting your test results and follow the general recommendations in place, such as good hand hygiene. If you develop symptoms, even mild ones, go home immediately, stay at home and take a COVID-19 test as soon as possible. Note that if the test shows that you do not have COVID-19, you may still develop it later.

If you have received 2 doses of vaccine against COVID-19 and at least 2 weeks have passed since your second vaccination, you do not need to take a test if you have no symptoms. However, if you develop symptoms within 14 days of your last contact with the person who has COVID-19, which was (DATE) you should get a test. If you have had COVID-19 in the past 6 months, you do not need to take a test but you should stay at home if you develop symptoms.

How do I get a COVID test?

You can order a home test at 1177.se. The test is a PCR test that shows whether you have the virus in your airways. Children from the age of 6 can take a PCR test. Parents and carers can order a test for children aged between 6 and 12. If the child is 13 or over, they need to have their own BankID or Freja eID Plus to order a home test. Information about how to get a BankID or Freja eID Plus is provided on the next page and at 1177.se. The test is free. If you are not able to order a home test at 1177.se, you can contact your health centre for help with testing.

Getting a BankID or Freja eID Plus

To get a BankID you need the approval of a parent or guardian. Different banks have different rules. The age limits vary but most banks, but not all, issue BankIDs to children over the age of 13. Mobile security ID (Mobilt SäkerhetsID) and equivalent electronic ID cannot be used to log into 1177.se.

Freja eID Plus is a free, mobile, Swedish electronic ID. You can get it by:

- Downloading an app to your mobile phone or tablet.
- Visiting one of the ATG representatives signed up to the scheme to activate plus level electronic ID.
- You must have the permission of your parent or carer to get Freja eID Plus if you are under 18.

All the information about testing is available at 1177.se.

Facts about COVID-19

When might I get ill?

The time from being infected to becoming ill (the incubation period) is between 2 and 14 days. The most common length of time is 5 days.

What are the common symptoms of COVID-19?

Fever, a runny nose, a cough, breathing difficulties, a sore throat, headaches, muscle aches, loss of taste and smell, stomach problems and diarrhoea. Most people have a mild illness with mild symptoms, while some become more severely ill with breathing difficulties and may need hospital treatment.

Some people have no clear symptoms at all and this is why it is so important to still get tested as a close contact (immediately and on day 5).

How is coronavirus spread?

Coronavirus is spread by droplets and through contact. When a person coughs, sneezes or talks, infectious droplets form in the air. If you are close to that person, you may be infected. When the droplets have landed on surfaces or objects, the virus can be passed on from these, usually via the hands. If you touch your eyes or nose without washing your hands, the virus can enter the body that way. This is why it is important to socially distance and wash your hands frequently.