

Covid-19, information and rules of conduct

Infectious diseases doctors' information sheet

Why have I received this information?

Testing has shown that you have Covid-19, which means that you have been infected with the coronavirus SARS-CoV-2.

What is Covid-19?

Covid-19 is a viral infection that usually causes mild symptoms such as a runny nose, sore throat, cough and high temperature, but some people become more seriously ill with breathing problems and then need hospital care. Other symptoms that Covid-19 can cause are muscle aches, headaches, tiredness, an impaired sense of smell and/or taste, and stomach complaints leading to diarrhoea.

How is Covid-19 transmitted?

Covid-19 is transmitted through droplets and direct and indirect contact. When a person coughs, sneezes, speaks, sings or shouts, infectious droplets form and travel through the air. These droplets could then infect someone standing nearby. When the droplets land on surfaces or objects, you risk being contaminated through touch, usually via your hands. A person with Covid-19 can infect others even before they develop any symptoms. The time it takes between being infected and becoming sick (the incubation period) varies between 2 and 14 days, although it is most commonly 5 days.

For how long am I contagious?

- You are no longer contagious once at least 7 days have passed since you fell ill, and your health has generally improved and you have been fever-free for 2 days. This means that the shortest period you are considered to be contagious is 7 days. If you still have symptoms such as a dry cough and a reduced sense of smell and taste after these seven days, you are not considered contagious.
- If you were tested even though you had no symptoms, the 7 days are counted from the date of the test. If you develop symptoms after being tested, see above.
- If you have been hospitalised for your Covid-19 infection or live in a retirement home, you are often expected to remain contagious for at least 14 days after you become ill. Your doctor will tell you how long you are considered to be contagious.

What I am required to do in order to avoid infecting others - rules of conduct

Covid-19 is dangerous to public health and society, meaning it is subject to the Swedish Communicable Diseases Act. Therefore, you must follow the rules below for the period you are infectious. The rules mean that you:

- must not go to your workplace, or to school or preschool. Working from home and distance learning are acceptable. Nor may you participate in certain leisure activities which involve close contact with others, such as sports;
- must follow specific hygiene procedures: You must observe strict hand hygiene (wash your hands), cough and sneeze into your elbow or a handkerchief and not in the direction of other people;

- must inform any healthcare staff with whom you may come into contact that you have Covid-19; and
- must keep any appointments and/or maintain telephone contact if your doctor instructs you to do so.

What else am I required to do to protect others from infection?

According to the Swedish Communicable Diseases Act, those infected with a communicable disease have a duty to protect others from infection. This means that during the period you are contagious, you must not meet with any other people than those you live with, and you must not use public transport. If possible, you should try to keep your distance from the people you live with, for example by staying in a room of your own. You may spend time outdoors as long as you keep your distance from other people.

What is contact tracing?

Contact tracing involves identifying and informing people who may have been exposed to infection.

Since Covid-19 is dangerous to public health and a notifiable disease, the law states you must participate in contact tracing.

Who needs to be informed?

The infectious period begins 48 hours before you started developing symptoms. If you did not have any symptoms, the period is counted from the day you took the test.

You need to inform the following people you were in contact with during the infectious period:

- Household contacts: people you have shared accommodation with at any time during this period. Household contacts must stay at home for 7 days starting from the day you took your test. A special information sheet is available with the rules for household contacts.
- Close contacts: people who were within a 2-metre distance from you for at least 15 minutes (in total over a 24-hour period), for example in the workplace, when participating in leisure activities or other gatherings.
- Healthcare staff
- Care staff including homecare

It is good if you can inform your contacts that they have been exposed to the risk of infection as soon as possible. If you are unable to do this, the contract tracer in your region can help.

What should I do if I need medical care due to Covid-19 or any other illness?

You must NOT go directly to a healthcare centre/local emergency clinic/hospital.

You should first phone 1177 Vårdguiden (*Healthcare Guide*) to be directed to the correct healthcare location. Be sure to tell them that you have Covid-19. If your condition becomes life-threatening, phone 112.

How do I appeal against my rules of conduct?

If you feel that the rules of conduct that you have been issued with are wrong, you may contact your regional infectious diseases doctor.