

Covid-19: Patient 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 corona virus 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 a 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 contact surfaces. When someone sneezes or coughs, infectious droplets are formed in the air. This may infect someone standing nearby. Once the droplets have settled on surfaces or objects, the virus may then be passed on, usually via the hands. The length of time between you contracting the disease 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 of time in which you can be considered to be contagious is 7 days. If, after this time, you continue to experience symptoms such as coughing and an impaired sense of smell and/or taste, you are still not considered to be 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 if you live in an eldercare facility, you will usually be regarded as being potentially contagious for at least 14 days after you became 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 dangerous to society and as such is subject to the Swedish Communicable Diseases Act. This means that you must follow the rules of conduct below in order to prevent you from infecting others during the time when you are contagious.

The rules of conduct 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 when you may be contagious, you must not meet people other than those in your household and you must not travel by public transport. If possible, you should try to keep your distance from the people you live with, for example, by staying in your own room. You may spend time outdoors as long as you keep your distance from other people.

You must inform your household contacts and other people with whom you are in close contact, such as healthcare personnel (including home help service workers), that you have Covid-19.

You are also required to participate in contact tracing. You will be provided with information about how to do this when you receive your test result.

What should I do if I require 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.