

Infection tracing of COVID-19

Information for those who have tested positive for COVID-19

Under the Swedish Communicable Diseases Act, if you have COVID-19 you must follow track and trace procedures. The healthcare services will contact you about this. In order to stop the spread of infection, it is important that people who may have been infected are informed quickly. You are able to provide this information fastest.

As soon as you have tested positive (before you are contacted by the healthcare services for tracking infection), do the following:

1. Read [Covid-19, patient information and rules of conduct](#).
2. Inform your household contacts (people you live with or lived with 48 hours before you got symptoms) that they are not allowed to go to work, school or preschool. If you were tested without symptoms, this applies from the day of your test. They must read the information in the infection control leaflet [Covid-19: Information and rules of conduct for household contacts](#).
Tell them that in Västra Götaland there is also a recommendation for asymptomatic household contacts (from age 13) to get tested 5-7 days after the person with COVID-19 in the household was tested and if someone has symptoms they must always get tested, regardless of age. Household contacts can arrange tests themselves, either at their healthcare centre or through 1177.se. If you can't inform your household contacts for some reason, you must notify the tracker, who will then take responsibility for the information being passed on.
3. Inform the tracker if you have been abroad within 14 days of developing symptoms or being tested.
4. Inform close contacts outside your household, i.e. people with whom you spent at least 15 minutes in 24 hours at a distance of less than 2 metres during your infectious period. This applies from 48 hours before you had your first symptoms until you are no longer considered contagious. If you were tested without symptoms, this applies from the day of your test. Tell them to read and follow the recommendations in the leaflet ["For those who have had close contact with a person who has COVID-19"](#). If you can't inform your close contacts for any reason, you must notify the tracker, who will then take responsibility for the information being passed on.

In this leaflet, testing of close contacts is recommended even if they do not have symptoms with the exception of children and pupils in preschool and primary school. Anyone who has symptoms should always have a test, regardless of their age.

5. If your employer has asked you to have a test, pass on the result to your immediate manager.

Read more about COVID-19 at [Vårdguiden 1177.se](https://vardguiden.1177.se)