

For you who have been in close contact with a person who has covid-19

(Those who are household contacts receive other information)

A person you have recently been in close contact with has covid-19, and you may have been exposed to infection. Close contact means that you have met each other at a distance of less than 2 meters for a total of 15 minutes or more during a 24-hour period.

It is not certain that you have been infected or will become ill. But it is important that you, just as everyone else, take responsibility to not transmit the infection to others. If you are already showing symptoms, you need to immediately contact health care services for testing. **If you have already been fully vaccinated, i.e. you have received two doses of vaccine of which the latest was at least two weeks ago, and you are working in health and care services in Västra Götaland, certain recommendations apply. See the “questions and answers” below.**

It takes between 2 to 14 days from the moment you are infected until you become ill, most commonly five days. If you have symptoms, even mild ones, you should immediately isolate yourself and not meet others. Test yourself as soon as possible, either through a local health care centre, 1177.se or according to the routine of your employer.

Testing of people without symptoms – when and who?

Applies to everyone over the age of 6:

Test yourself for covid-19 as soon as possible after you have received information that you could have been exposed to infection, either through a local health care centre, 1177.se or according to the routine of your employer.

- Take additional tests 5 days after the last time you were in contact with the infectious person.
- If you receive notice 4 to 7 days after you last met the infectious person, you only need to test yourself once.
- If you receive notice more than a week after you last met the infectious person, you do not need to test yourself at all.
- If you are unable to work from home it is recommended that you take an additional test between the first and the last test. It is also especially important that you keep as much distance as possible to others at your workplace or school before you receive your test results.

If you need to seek treatment because of your symptoms or because of another reason, you need to tell that you are a close contact to a person with covid-19. In case of serious symptoms call 112.

Keep the following things in mind during the 14 days from the day you met the infectious person:

- Meet as few people as possible; avoid meeting friends and avoid leisure activities that involve contact with others. If you must meet others, keep a distance, preferably at least 2 meters both indoors and outdoors. You can be infectious before you begin feeling ill.
- Work from home if you can. Anyone who feels completely healthy can go to pre-school, compulsory school, upper secondary school, and higher education according to the guidelines set by the institutions, and they need to follow the above mentioned recommendations for testing.

NOTE!

If you work in health and care services there could be other criteria for determining if you are considered a close contact in the workplace. There could also be local routines for where/how you should be tested. Contact your manager for more information.

For close contacts who are children and pupils in pre-school and compulsory school it is recommended that they also be tested, but this may need to be adapted based on the exposure that the child has received and in dialogue with the pre-school or school.

This information does not apply to you who:

- during the last six months have had covid-19 that has been confirmed by PCR or antigen test
- have antibodies detected in blood samples up to six months from a suspected infection. The six months is counted from the time of infection and not from the time of the antibody test.
- have already been fully vaccinated, i.e. you have received two doses of vaccine of which the latest was at least two weeks ago, **but if you are working in health and care services in Västra Götaland**, recommendations for testing still apply. See the “questions and answers” below.

Vaccinated people showing symptoms should likewise always stay at home and get tested.

Frequently asked questions and answers

When am I considered a close contact?

As a rule of thumb, you must have had close contact with each other at a distance of less than 2 meters for a total of 15 minutes or more during a 24-hour period. The risk of becoming infected is considerably higher with contacts indoors and in close contacts that are longer than 15 minutes.

What are the common symptoms of covid-19?

Fever, cough, sore throat, headache, muscle aches, runny nose, impaired sense of smell and taste, and an upset stomach with diarrhea. Most become mildly ill with mild symptoms, but some get respiratory problems and need hospital care.

How is covid-19 transmitted?

By droplet and contact infection. When a person coughs, sneezes, or even talks, small infectious droplets are created in the air. People close by can become infected. When the droplets land on objects or surfaces, the infection can be passed on from there, usually by the hands. The virus can then enter the body when touching the eyes or nose. That is why it is important to keep distance and to wash your hands often.

I am fully vaccinated, i.e. I have received two doses of vaccine of which the latest was at least two weeks ago, but I work in health and care services in Västra Götaland. What applies to me?

If an asymptomatic, fully vaccinated person is identified as a close contact to an index case and they are working in health and care services, it is recommended that they get tested according to the above mentioned procedure, the same way as unvaccinated close contacts. You can, however, work as usual while waiting for the test results.

Read more about covid-19 on the [Healthcare Guide 1177](#)