

Information following notification that you have tested positive for COVID-19

While you are waiting for a phone call from the track and trace service, we are sending you this information about what testing positive means and what you need to do now.

COVID-19 may only affect you mildly with symptoms such as a slight cough, sore throat, a temperature and a headache. For the majority of people, the disease will clear up on its own, but some people may have more severe symptoms with a high temperature and breathing difficulties. If this happens to you, you should phone 1177. If you are pregnant, you should always contact your maternity health centre and ask whether COVID-19 has any implications for you.

How long are you infectious for?

The shortest period you could be infectious for is 1 day before the first symptom + 7 more days provided that you have completely recovered by days 6 and 7. If you have not completely recovered by this point, you will be infectious for a longer period.

What to do while waiting to be contacted by the track and trace service

- Take sick leave from work or, if you feel well enough, work from home if you and your boss agree.
- Write down where you may have caught the disease. This is often 5–7 days before you developed symptoms.
- The people you met from one day before you developed symptoms and after that may have been exposed to COVID-19. You should contact them and tell them that they may have been exposed and that they should distance from other people and have a test if they develop the slightest symptom. If they display a symptom that entitles them to have a COVID test, they should stay at home while waiting for the test result.
- If you have been at work or at school, you should contact your manager/the head teacher and tell them that you may have passed on the virus.
- If you live with other people, they may have been infected too. Everyone in your household, of all ages, should stay at home and not go to work, school or leisure activities for seven days counted from the day on which you had your test, even if they feel well. Anyone who can work/study from home should naturally do so. This does not apply to people who have had a positive PCR test for COVID-19 in the last 6 months.
 - People who cannot work from home and need a certificate for disease carrier allowance (smittbärappenning) can receive one from a doctor in the track and trace team when they contact you, even if this is later.
 - Household contacts aged 16 or older should have a COVID test on day 5–7. If the test is negative, they may return to work or education but must continue to take care for a further 7 days.
 - Younger household members should only be tested if the doctor from the tracing service recommends this.
 - Household contacts who display symptoms should get a test.

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Chief Medical Officer

- Read more about COVID-19 at www.1177.se
- If you become seriously ill, phone 1177.

Look after yourself!

Signar Mäkitalo

Chief Medical Officer, Region Sörmland