

Information and instructions for students and teachers in the event of a confirmed case of covid-19

*This document is based on Smittskydd Skåne's information and instructions to school staff, students and parents in the event of a confirmed case of covid-19 (date: 2020-09-07, dnr: S2020-1055) adapted for education at Lund University **

Why do I get this information?

In your course, cases of Covid-19 have been confirmed. You may have been exposed to the coronavirus. It is not certain that you've been infected or that you will become ill.

What should I do now?

You should continue your course and follow the general recommendations, such as being careful about hand hygiene. If you show symptoms, even mild ones, go straight home and stay at home. As soon as possible, get a Covid-19 test! Note that if the test show that you do not have covid-19, you can still get sick later.

How do I get a Covid-19 test?

If you have a Swedish personal identity number and an e-ID

Log in to 1177.se and order a self-test. The test does not cost anything, and you do it at home. The test instructions are only available in Swedish.

If you do not have a Swedish personal identity number or an e-ID

Call 1177 to be referred to a health centre or to receive medical advice. The health centre will decide if you should be tested or not. The PCR test will show if you have viruses in your airways.

You'll find more information about testing here:

<https://www.1177.se/en/Skane/other-languages/other-languages/soka-var/det-har-galler-for-sjukvarden-i-skane-i-och-med-covid-19/>

If you test positive

If you take a Covid-19 test and it is positive, you must follow Region Skåne's recommendations. You are to stay at home for at least seven days and are only to return to teaching premises after two symptom-free days in accordance with the [recommendations of the Swedish Public Health Agency](#). It is important that you inform the course director so that we know the situation regarding Covid-19. This data will not be saved, and your name will not be communicated, but the information is important for us to be able to take precautionary measures in cases where on-campus course components have been conducted or are planned.

Does this apply even if I have already had Covid-19?

If you previously, within the last six months, have had a Covid-19 infection, you do not need to take any test. In case you get sick, stay home until you are completely healthy.

Facts about Covid-19

When can I get sick?

The time from infection to illness, (incubation period) is between 2 to 14 days, the most common is 5 days.

What are the most common symptoms of Covid-19?

Fever, runny nose, cough, shortness of breath, sore throat, headache, muscle aches, impaired sense of smell and taste, upset stomach and diarrhoea. Most people get a mild illness with mild symptoms, while some become ill with breathing problems and may need care at a hospital.

How does the coronavirus disease spread?

Covid-19 spreads between people through direct contact and droplets. When a person sneezes, coughs or talks, infectious droplets are formed in the air. If you are close to that person, you could become infected. When the droplets have fallen on surfaces or objects, infection can be passed on from there, usually via hands. If you poke your eyes or nose without washing your hands, viruses can enter the body that way. This is why it is important to keep your distance and wash your hands frequently.

*<https://vardgivare.skane.se/siteassets/1.-vardriktlinjer/smittskydd/corona/skola-och-forskola/information-och-instruktioner-till-skolpersonal-elever-och-varnadsnavare-vid-konstaterat-fall-av-covid-19.pdf>

