

# Recommendations for household contacts at covid-19

**People who live with someone who has an ongoing covid-19 infection should now be considered as potential illness and stay home:**

**- We know that many who become infected with covid-19 become infected by someone in their household, and by following the rules about staying at home when someone in the family is infected, you can stop the infection from spreading to people in risk categories, says Helena Ernlund, assistant infection control doctor in Dalarna Region.**

In line with the new recommendations from the Swedish Public Health Agency, the infection control unit in Dalarna recommends that even so-called household contacts to a person with confirmed covid-19 should be given rules of conduct to stop the infection from spreading further.

Household contacts include persons who have shared accommodation with the person found to be infected at some time during the period in which they have been contagious.

The rules of conduct for household contacts apply to persons aged 16 and over. They mean that you should refrain from being at your high school or workplace and from leisure activities performed together with others.

The rules of conduct generally apply for seven days from the date of sampling for the infected person. If no symptoms develop, it is recommended that the household contact be tested after five days.

Like other professionals in society, household contacts to people with the confirmed covid-19 infection are recommended to work from home if possible. If there are no opportunities to work from home, The treating physician will write a carrier allowance certificate \* to household contacts.

Anyone affected by the rules of conduct will be contacted by healthcare.

- Those who are counted as household contacts and will stay at home will receive information directly from the healthcare about what applies, says Helena Ernlund.

People who have previously had a positive PCR test or who have demonstrated antibodies in the last six months are exempt from household contacts' conduct rules.

For children in pre-school, primary school, and upper secondary particular school in a household where another person has been found to be infected with covid-19, the following applies:

- Avoid activities outside preschool and school during the entire incubation period (14 days).
- You can travel by public transport.
- If there are no other possibilities, guardians may leave preschool or school.

*\* Carrier allowance certificate is paid to those who are unable to work because they have or are assumed to have a contagious disease covered by the Communicable Diseases Act.*

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