

Information for you who have had contact with someone who tested positive for covid-19 at Campus Umeå

Here is information for you who have had contact with a person with covid-19. You may have been exposed to infection. It is not certain that you have become infected or that you will become ill, but you should meet as few people as possible for a while. You are suggested to perform a covid-19 test. **If you are nearby, and have not during the last three days participated in the weekly testing 31 August - 14 September, you are invited to participate in the covid-19 survey at Campus Umeå.** Opening hours are found at the bottom of the page. If you develop symptoms of infection, is very important that you get tested wherever you are located. Testing for individuals with symptoms of covid-19 is provided by the Swedish healthcare in all Regions of Sweden.

The time from infection to eventual illness (incubation period) varies between 2 and 14 days, usually five days.

What are the common symptoms of covid-19?

Most often, covid-19 is a mild illness with mild respiratory symptoms, such as cough, runny nose and fever, but some become ill with respiratory problems and need to be cared for in hospital. Some may also have muscle aches, sore throats, headaches, impaired sense of smell and taste and an upset stomach with diarrhea.

Do I need to isolate myself during this 14-day period?

You need to be extra observant of symptoms. If you feel the least bit sick, you should immediately:

Be sure to isolate yourself, i.e. do not meet any other person.

Even if you feel completely healthy, you should try to meet as few people as possible and make sure to keep a distance (at least 1 meter, preferably 2 meters) to those you meet. The reason is that you can be contagious just before you start to feel sick. Some also get very mild disease, but can still infect others. Therefore, avoid meeting friends and skip your regular leisure activities. Preferably only meet those you live with. Work at home if you can. If you go to education, you can continue to do so as long as you feel completely healthy.

If you develop even minor symptoms, and work in health care or elderly care, let your manager/team leader know, you may be told to stay at home from work

If there is someone that may have exposed you to covid-19 and you yourself work in health care or in elderly care, you should inform your manager that you have been exposed to infection.

Do I need to test for coronavirus?

If you are nearby, we encourage you to participate in the Campus Umeå testing regardless of having symptoms or not. Opening hours are found at the bottom of the page. If you get symptoms that persist for more than 24 hours, you need to be tested

wherever you are located in Sweden. Instructions for testing within healthcare applicable to all municipalities in Region Västerbotten is found via the link below. If you are severely ill, please make a call to 1177 healthcare before testing. All Regions in Sweden have corresponding test capacity.

[Testing within healthcare for you with mild symptoms](#)

What else should I do if I get sick?

Most people only get a little sick and manage with self-care at home, which mainly means rest, fluids and antipyretics.

Try to keep a distance of at least one meter, but preferably two, to those you live with if possible, by

- be in your own room
- do not eat with others
- do not share a bathroom
- use your own towel
- clean / disinfect surfaces, such as water taps and door handles, which are often touched in the home
- thoroughly wash your hands
- always cough / sneeze in the armpit or in a handkerchief.

[Read more about what you can do yourself if you get sick with covid-19](#)

Some may become severely ill

Pay extra attention to symptoms if you are 70 years or older or if you have a chronic illness such as heart or lung disease, diabetes or cancer.

When should I seek care?

If you become severely ill, for example have difficulty breathing, or deteriorate sharply when you have been ill for several days to a week, always call 1177. If your condition is life-threatening, call 112.

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

If you have previously been diagnosed with covid-19 infection and had a positive PCR sample taken from the mouth / throat or if you have been laboratory diagnosed with specific antibodies in blood from a venous puncture blood test, these instructions do not apply. Still pay attention to symptoms, and stay home in case you get sick, until you are completely healthy.

If, on the other hand, you have taken a so-called "rapid test", a blood test that you received an answer to within an hour or so, the instructions still apply, regardless of the results of the rapid test. Likewise, if you have a weakened immune system or if your symptoms are severe including shortness of breath, you need to seek care.

How is coronavirus transmitted?

Coronavirus is transmitted through so-called droplet and contact transmission. When a person sneezes, coughs or talks, infectious drops are formed in the air. Anyone who is close can then become infected. Once the droplets have fallen on surfaces or objects, infection can be passed on from there, usually via the hands. If a person pokes their eyes or nose without washing their hands, the virus can enter the body that way.

Opening hours covid-19 survey Campus Umeå

Monday 31 Aug – Thursday 3 Sept 08:00 – 18:00

Saturday 5 Sept 10:00 – 16:00

Monday 7 Sept – Thursday 10 Sept 08:00 – 18:00

Saturday 12 Sept 10:00 – 16:00

Monday 14 Sept 08:00 – 18:00

More information

[About covid-19 - Region Västerbotten](#)

[Swedish Public Health Agency - questions and answers about covid-19 \(coronavirus\)](#)

If you have general questions about the new corona virus, you can call 113 13.