

Positive test result for the covid-19 virus

When your test result shows that you have covid-19, it is important that you stay home so as not to infect others. You must also comply with the Communicable Diseases Act of Sweden. Here we tell you how to do it.

When your test result shows infection by the virus causing covid-19, you should stay at home for at least seven days from when you got symptoms, and until you have been fever-free for two days and feel better. Then you are no longer considered to be contagious.

The test can remain positive for a long time after the seven days and two symptom free days without you being considered to be contagious.

During the contagious period, you should:

- not go to work or Campus Umeå
- Avoid meeting people other than those in your household
- avoid presence in localities shared by several people, for example the kitchen in the student corridor
- do not visit grocery stores or travel by public transport, feel free to seek help from another person who can drop off groceries outside your door, for example
- follow hygiene routines: thoroughly wash your hands often, use your own towel or disposable towels, and always cough in the armpit or a handkerchief.
- inform health care personnel that you are infected if you would seek care.
- take part in the [rules of conduct](#) you must follow in accordance with the Swedish Communicable Diseases Act. The same rules apply in all Regions of Sweden.

You should do this immediately

If you have active covid-19, you must participate in contact tracing according to the Swedish Communicable Diseases Act. The most important part is to inform the people you may have infected. You therefore need immediately:

1. Think about which people you have been in close contact with during the period you have been contagious so far, i.e. from 48 hours before you first felt ill and had symptoms of covid-19 to now. Or if you did not have any symptoms before you tested yourself, starting from 48 hours before you took the test. This applies to the people you live with and those who have been visiting you or who you visited during being contagious. This also applies to friends you have hung out with in other places and co-workers you have been close to, for example sitting next to. If you may have exposed other people than colleagues to infection in your workplace (e.g. students, patients or customers), notify your manager / supervisor in the first instance and ask them to read the following documents, [link to infection detection – for team leaders \(Swedish version\)](#).

A close contact means a person you have met face to face for at least 15 minutes within 2 meters distance, this also applies outdoors. People you live with are always considered as close contacts.

2. Call, text or email your close contacts and inform them that they may have been exposed to infection. See suggestions for what you can write below.

Ask them to read the following information: [Information to you who have had contact with someone who has covid-19.](#)

4. Announce that they are advised to be tested as part of the survey at Umeå Campus if they are nearby and can reach campus, but also after this survey via healthcare if they get symptoms within 14 days of you meeting. Inform them that they should meet as few people as possible for 14 days.

5. Fill in the name and social security number (personnummer) of those you contacted in the HOPE app that you used for the virus testing, go to "contact tracing of Covid 19"

6. Confirm that you have completed steps 1-5 above in the HOPE app.

In the near future, you may be called by staff from the Västerbotten Region who work with infection tracking of covid-19. The call may be from a hidden phone number.

Suggestions on how to write to close contacts

Hey! I just found out I have covid-19. As part of the contact tracing, I contact you and ask you to send me your social security number (personnummer). Since we recently met, it is possible that you have been exposed to infection and according to a recommendation from Smittskydd Västerbotten, you therefore need to read the following information to contacts, [information to you who have had contact with someone who has covid-19.](#) As part of an ongoing survey at Campus Umeå, you may be asked to get tested even if you have no symptoms.

When should I inform my boss / supervisor, study administrator or study supervisor?

If you have met people that are close contacts that you may have exposed to covid-19 at your workplace or in other activities (e.g. university, sport activities or other leisure activities), but who for various reasons you cannot or should not inform yourself, you can get help from a manager / supervisor, team leader, study administrator or study supervisor. He/she can then help with contact tracing by passing on information. Ask him/her to read the following instructions, [link to infection detection – for team leaders \(Swedish version\).](#)

Information in several languages

Patient information (infection control document for patients with rules of conduct) is also [translated into other languages](#). You can choose ten different languages when

you click on the green button that says "Swedish", in the upper right corner of the page that we link to.

If you want to discuss your test result, you can call or chat with Helpdesk covid-19 which can be reached here, [help desk](#). If you get worse in your illness, you should contact 1177 Vårdguiden by phone. In the event of a life-threatening condition, call 112.

[More questions and answers about contact tracing covid-19 can be found here.](#)