

For those with a suspected COVID-19 infection

Our assessment is that you do not currently need to go to hospital.

If you wish to get tested for COVID-19, you can book a self-test via [1177.se/Halland](https://www.1177.se/Halland).

To take the test you should:

- be 18 years or older
- have symptoms of COVID-19 that have emerged over the past few days
- have had symptoms for at least 24 hours
- be able to do the test on yourself – in your nose and throat using a swab

Persons under the age of 18 who have symptoms can contact the healthcare centre to be assessed regarding the need for a test. If such a need is identified, the testing is carried out by the healthcare centre.

NB

If you have been tested over the past six months and tested positive for COVID-19, you do not need to take a test at this time. The symptoms you have now are most likely due to something other than COVID-19.

Book a self-test for COVID-19

Go to www.1177.se/Halland (in Swedish) to book a time and a place for your COVID-19 self-test. Here, you can also watch a video about how to do the test on yourself and read about what you should bear in mind before carrying out the test.

If you do not have a Bank ID, you can call 010-476 19 13, weekdays 08.00–15.00 and they will help you.

Monitor your symptoms to see if they get worse

If your symptoms get worse, you find it harder to breathe or if you feel worried, contact your health care centre or call 1177 for advice. In the event of acute, life-threatening symptoms, call 112.

You should isolate yourself for as long as you have symptoms!

When you are healthy again and have not had any symptoms for two days, the assessment is that you are no longer contagious.

If you have taken a test and received a result that confirms you have COVID-19, you must stay at home for at least 7 days from the initial symptoms and be

symptom-free for at least 2 days. You should feel much better and no longer have a fever.