Dear recipient,

You have been sent this information because you may have been infected with coronavirus, which causes Covid-19, when you received treatment at:

……………………………………………………………………..

It takes 2–14 days from being infected until you get symptoms. An incubation time of 5 days is most common.

Symptoms of Covid-19 include a cold, fever, cough, difficulty breathing, runny nose, nasal congestion, sore throat, headache, muscle and joint pain, nausea and diarrhea. The symptoms may be mild. It is common for your senses of taste and smell to disappear.

What should you do?
As you may have been infected, it is important that you:

- are particularly attentive to the onset of symptoms. If you develop symptoms, you should stay at home and book an appointment for self-testing. If you have been contacted by the health service, you may also need to take a test as a precaution, even if you do not have any symptoms. More information and **booking is available at www.1177.se/Halland**.
- are especially thorough in terms of washing your hands, keeping distance, and coughing and sneezing into the crook of your arm.
- meet as few people as possible. You should in particular avoid meeting people aged over 70 or in other risk groups.
- work from home if you are an adult and your work allows it.
- inform your manager that you may have caught Covid-19, especially if you work with the risk group of elderly people in the healthcare or nursing care sectors.
- inform the staff that you may have caught Covid-19 and have received this letter if you go to a hospital or health center to receive treatment.

If you become ill, you should stay at home for at least seven days and you should have generally improved and been fever-free for at least two days to no longer be infectious. If you still have a fever or your condition has not improved after that period, you should stay at home for longer.

If you need healthcare treatment, call 1177 or contact your health center; mention this letter and that you have symptoms of Covid-19. In urgent cases, call 112.

More information about Covid-19 is available at

Region Halland

- www.1177.se/Halland
- www.folkhalsomyndigheten.se

If you have any general questions about coronavirus and Covid-19, you can call 113 13. An interpreter service is available.

We apologize for this possible infection.

Best regards,

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Name, title