Region Halland

You may have been exposed to infection during a healthcare appointment

We hereby wish to inform you that a person who you have been in close contact with has tested positive for COVID-19. You may therefore have been exposed to possible infection while receiving medical care at:

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COVID-19 is caused by a virus that is spread from person to person through coughing, sneezing and so-called contact infection, which is when the infection is spread via hands, surfaces and objects. The most important measures for avoiding infection are therefore to keep your distance from others and wash your hands often. It takes 2-14 days from being infected until you get symptoms.

The following applies if <u>you</u> have been exposed to possible infection:

• Pay particular attention to the development of symptoms.

• If you develop a cold or other symptoms that could be COVID-19, you should stay at home straight away, even if the symptoms are mild.

• You should take a test as soon as possible if you have symptoms.

Use Self-testing COVID-19 and pick up a self-test (PCR) from the black box outside the manned testing center located at one designated place per municipality.

The test should be registered at 1177.se and then left at a self-testing black box outside any health center or hospital in Halland. If you do not have BankID, Freja eID or another e-identification for confirming your identity, you can get help at the drop-in testing center at the same place. The exact locations and opening hours are listed at www.1177.se/Halland.

You do not need to take a test if you have had COVID-19 during the past 3 months.

• You should feel completely well again before returning to preschool, school or work.

• If you need to access healthcare services, tell the medical staff there that you may have been infected with COVID-19.

We apologize for the potential risk of infection.

Best regards,

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