

You may have been exposed to infection at a healthcare provider

This information is being sent to you because you may have been exposed to infection in connection with a visit for healthcare treatment at:.....

Covid-19 is caused by a virus that is mainly spread by close contact between people. Keeping distance from others and washing your hands frequently reduces the risk of spreading the infection. It takes 2-14 days from being infected until you develop symptoms.

Most people only get mild symptoms, such as a runny nose, sore throat, cough or fever, but some people can become more seriously ill, with breathing problems, and need to be hospitalized. Infection tracking is therefore performed in the healthcare system, as some people in such settings are at risk of developing serious symptoms.

The following applies if you have been exposed to possible infection:

- Do you have any close contact with healthcare or elderly care services planned? This could be, for example, a visit to a healthcare clinic or nursing home, surgery or other treatment, a home care visit or that you yourself work in healthcare or some other type of care environment. In that case, you should pay extra attention to whether you feel like you have a cold or have other symptoms of Covid-19, and take a test as soon as possible.
- Inform the healthcare provider and your manager, if you work in a healthcare and or other care setting, that you have been exposed to possible infection in a healthcare environment before you go there.
- If you do not have any close contact with healthcare or care providers planned, you should still pay extra attention to whether you feel like you have even a slight cold or have other symptoms of Covid-19; you should also stay at home straight away, until you are healthy again, but you do not need to take a test.

If you need to take a test:

- You can get a self-test kit from your contact at the healthcare or elderly care provider if you are recommended by the staff to take a test. If you have not received a self-test kit you can pick one up at a designated place in each municipality. Read at www.1177.se/Halland about where and when you can pick up and leave self-testing kits.
- If you do not have BankID, Freja eID or some other valid form of e-authorization, please contact your local health center to take a test.
- If you are registered for home healthcare, the municipal nurse will carry out a test on you.
- If you have had Covid-19 during the last 3 months, you do not need to take a test.

We are sorry that you may have been infected.

With best wishes,

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