

## Updated information about covid-19

Up to date information regarding covid-19 in connected to Dibber preschools and schools, can be found collected [here](#).

Covid-19 contagion rates in Sweden are unfortunately higher than they have ever been since the pandemic began and that is affecting several of the Dibber schools/preschools. Several regions have implemented local guidelines and routines to reduce the spread of covid-19. Staff absences have been higher than usual, and it has been more difficult to locate competent substitutes, but we work each day to ensure high quality of care for all.

Our primary goal during this time is to keep the children and students safe in our preschools/schools while at the same time maintaining a safe working environment for our staff.

We continue to work actively to keep all locations open as long as possible and to avoid distance teaching for the youngest students at Dibber schools. In grade 7-9 most Dibber schools have combined distance teaching with on-site face to face instruction to reduce the number of students on campus each day, but still allowing teachers and students to see each other on campus regularly. Each principal has the responsibility to ensure that the national and local guidelines are being followed to reduce contagion while at the same time continue the high-quality instruction that students are used to receiving.

We all need to work together to reach these goals. This includes following all recommendations and guidelines to reduce the spread of infection. An effective way is to review the guidelines set forth by the Swedish Agency for Public Health in this [film](#) in Swedish (click on hyperlink).

*Thank you for working together to reduce the spread of infection.*

According to the Swedish Agency for Public Health recommendations, it continues to be important to avoid unnecessary trips and to pay close attention to the advice regarding international travel to avoid the spread of the new variants of covid-19.

You can find the information connected to international travel and quarantine requirements that The Swedish Agency of Public Health have recommended after international travel [here](#).

With the arrival of Spring in Sweden comes inevitable pollen season. Both covid-19 and pollen allergies can produce mild cold symptoms like sneezing, runny nose, etc. It can be difficult at first to determine if the symptom is a result of allergies or a cold or even covid-19. In the case of mild symptoms like a runny nose, mild coughing or sore throat, children/students should stay home. In the case that the child/student regularly takes allergy medicine, and the symptoms disappear then the child/student can return to preschool/school. In the case that the symptoms are mild and do not get worse than the student can return to school, after seven school days.

If new symptom develop that are not connected to allergies or a child/student develops a fever then they should stay home.

Thank you for your support for minimizing the spread of covid-19 and for helping to protect everyone who comes in contact with our preschools/schools.