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Updated information for guardians regarding covid-19

We at Dibber wish to protect our most important values - the children and students that take part in our activities. It is also important for the wellbeing of our staff and to be able to keep our doors open that the spread of infection is limited in the future. There are reports that indicate a particularly high spread of infection among employees in our industry. Although the infection control situation is now generally improving thanks to vaccinations and warmer weather, it is important that we all continue to follow current advice and recommendations to reduce the spread of infection. It is out of care for everyone who takes part in our activities and as well as for risk groups that we continue to work carefully to prevent the spread of infection. Thank you for your understanding and participation! Important updates compared to the previous version are marked in yellow.

We follow the Public Health Agency of Sweden's recommendations as well as other instructions and advice issued by the authorities. This also applies to food handling and the practice of sports.

You will always find updated information on our website, where there is also special information regarding, among other things, remote education and links to government information. In our blog we have also gathered together some good tips on fun and educational home activities.

We ask everyone to familiarise themselves with recommendations from the Public Health Agency of Sweden and the respective region with regard to precautionary measures when travelling abroad. If someone in your household displays symptoms or is diagnosed with covid-19, here is a good summary regarding how long to stay at home, [LINK](#). Keep in mind that specific advice applies to those who have been vaccinated, which you can read more about here [LINK](#).

Specific information with regard to closures before summer

We are following the Public Health Agency of Sweden's recommendations and avoiding major joint ceremonies in connection with closures. Only individual classes or other groups with limited numbers can gather physically for, for example, grades to be handed out or social gatherings.

As for children and young people taking part in our activities

The Public Health Agency of Sweden's information specifically aimed at preschools and primary schools can be found via this [LINK](#).

To reduce the risk of infection, children, students and staff should be aware of the symptoms that may occur with covid-19. There are mild symptoms such as sore throat, runny nose, nausea and headache, but also other symptoms such as muscle and joint pain, fever, cough and difficulty breathing.



Preschool children often have mild problems that pass quickly and are not signs of covid-19. In this case, the child does not have to be at home away from preschool. For example, there may be occasional coughing or a runny nose after the child has been out.

Students who are healthy must, with the exceptions listed below regarding registration of absence, attend school and children who are healthy can attend preschool. We want to emphasise that compulsory schooling still applies and it is important not to miss teaching unnecessarily.

If a child or pupil falls ill during the school day, the child/pupil must go home as soon as possible. The staff will contact guardians in this case.

Children, students and staff, like everyone else in society, should stay at home as long as you feel ill and you should be symptom-free for at least two days. Children and students can return even if they have a persistent dry cough once 7 days have passed since they became ill and if they have been otherwise symptom-free for at least two days. The Public Health Agency of Sweden recommends that all adults and children over the age of 6 with symptoms of covid-19 take a so-called PCR test.

Children, students and staff who show symptoms that may indicate covid-19 and then test negative can return to our activities - if general health conditions otherwise allow it. A written test result (PCR test) performed in a healthcare setting must be presented.

In accordance with the Public Health Agency of Sweden's updated advice on 1 December 2020, children and students who live with someone who has covid-19 must stay at home. We ask you to comply with this because it increases the chances that we are able to keep our doors open and it is important for our employees to have a safe working environment.

In the case of allergic problems, the following applies: if you recognise your allergy symptoms, take your medication and your condition improves, you can stay at school. If you do not get better, you should stay at home.

If necessary, contact the Vårdguiden on 1177. For general questions about covid-19, you can call 113 13. Information on symptoms and other useful information from 1177 is available by region at www.1177.se.

Based on the changed situation with the general spread of covid-19, we are no longer routinely required to notify individual cases that occur, but only on the advice of infection control doctors. Decisions on whether to close in such a situation shall be made on the advice of infection control doctors.

We are doing all we can to keep our preschools open in the same way as usual. Our preschools are helping one another and, as usual, using supply teachers when needed. If these measures are not enough, we may need to limit opening hours and appeal to those of you who are able to do so to keep your child at home. This is due to an increasing shortage of staff. Thank you for your understanding.

Parent-active introduction and absence from preschool

When a new child starts with us, it is a prerequisite that the child's guardian is initially present with the child at preschool. Preschool is an activity where we are close to the children, who are young and



in need of care and closeness. This means that, during induction, we would like every guardian to follow the precautionary measures based on the Public Health Agency of Sweden's guidelines.

It is important that you stay at home if you or your child shows any possible symptoms of covid-19. Wash your hands often with soap and water for at least 20 seconds. As far as possible, keep an arm's length distance to others both indoors and outdoors. It's good to know that preschool activities will be held outdoors to a greater extent than usual to minimise infection.

Preschool is a voluntary form of activity, but we always ask you to inform the school management in accordance with normal routines if you choose to keep your child at home.

Registration of absence from primary school

It is important that you as a guardian report absence in accordance with the existing routines. In this case, you must also contact the school as soon as possible to discuss the student's schooling so that the principal is aware of the reason for the absence. If you have a child who is more liable to become infected and are wondering whether the child should go to school or preschool, you should contact your doctor for an assessment. Due to the longer time that is and will continue to be the case for the risk of infection, compulsory schooling means that absence based solely on anxiety cannot be accepted. In case of absence due only to the fact that someone with whom the child lives has covid-19, report the absence and contact the principal.

Within Dibber, each principal participates in decisions regarding possible remote education. Our schools are different, have different conditions and therefore need different solutions in terms of such education. The focus for us is to ensure a good learning experience for all our students while we follow the advice and recommendations that apply. For questions or concerns regarding your child or your school, you always initially approach the principal. Thank you for your cooperation in this difficult situation.

Miscellaneous

We do not allow children and students taking part in our activities to stay in places and at events outside our own premises where the public health authority's recommendations are not followed. This may mean that previously planned activities are cancelled. On the other hand, various outdoor activities are often good from an infection control point of view and are encouraged.

We have restricted business trips and physical meetings outside regular workplaces as well as external visits. The same rules that you must be healthy to work on our premises apply to our employees.

We are following developments closely and are in ongoing dialogue with the relevant authorities, especially the Public Health Agency of Sweden and the municipalities where we operate, in order to best protect children and employees in our operations. We speak with our schools and principals on an ongoing basis and ask them to post information about the spread of infection. We also emphasise measures for good hygiene and other measures to reduce risks.

With kind regards
Dibber Management Group