



Updated information for parents/guardians regarding Covid-19

In response to the increased levels of vaccination rates among adults in Sweden combined with the decrease of new covid-19 infections, the Public Health Agency of Sweden, Folkhälsomyndigheten, has determined that as of fall 2021 it is possible to return to on site teaching and learning for all school-aged children. It is, however, important to continue to identify a balance between children's need & right to an education while at the same time working to prevent and reduce the spread of covid-19.

We at Dibber believe in the importance of following the recommendations set out by the Public Health Agency of Sweden and to proceed with caution in the organization and running of the Dibber preschools and schools. It is important to continuously review and identify what is best for the children and students inside the respective programs. We are grateful for the understanding you have shown and the help that we have received during the last year and look forward to a new and rewarding year together.

National and regional recommendations

All Dibber preschools and schools follow the Public Health Agency of Sweden's recommendations and instructions for reducing the spread of covid-19 as well as information published from national and regional agencies. This includes guidelines connected to food service and physical education instruction as well.

This document attempts consolidate and clarify the local and national Covid-19 guidelines for the ease of our preschool/school community to create as safe and secure environment as possible for our families. We encourage everyone to continue to stay updated with current information released from the Public Health Agency of Sweden and local and regional authorities with regards to safety measures in connection with international travel.

You can find a summary of information [here](#) (link in Swedish) for what applies in the case that someone in your household has symptoms or tests positive for Covid-19 and how long one should stay home. Please note that the recommendations below apply for those who are fully vaccinated against Covid-19. [Here](#) you can read more information for those who are vaccinated against covid-19.

Children and students in Dibber preschools & schools

You can find specific information concerning preschools and schools from the Public Health Agency of Sweden [here](#). To minimize the risk of spreading covid-19 it is necessary that children, students, and staff are attentive in identifying symptoms associated with Covid-19.

Symptoms include:

- Sore throat
- Runny nose
- Nausea & headache
- Muscle and general body aches
- Fever
- Cough
- Difficulty breathing



Preschool children often have mild ailments which are not associated with Covid-19. In that case children do not need to stay home from preschool. For example, if a child has sporadic coughing or a runny nose after being outside. Children and students who are healthy should attend preschool and school. School is compulsory for children between the ages of six and 16 and it is important that they do not miss important instruction. If a child or student becomes sick during the day, they should go home as soon as possible. Staff will contact the parents/guardians if a child becomes sick.

In alignment with the Public Health Agency of Sweden guidelines individuals who feel sick with the above listed symptoms should stay home as long as they are unwell plus two days. This includes children, students and staff at Dibber preschools and schools. Children and students can return to their preschool or school with mild symptoms, e.g., dry cough, after seven days of being sick if they have been without other symptoms for two days.

The Public Health Agency of Sweden recommends that all adults and children over six years of age with symptoms associated with Covid-19 take a PCR-test. Children, students, and staff who are symptomatic, but test negative for Covid-19, may return to preschool/school if their general condition permits. A written proof of a negative PCR-test from a health provider should be provided upon return.

In the case that a child or student lives with someone that tests positive for Covid-19, they should stay home. We request that families respect this as it increases the likelihood that preschools and schools can avoid the spread of Covid-19 and can remain open as well as providing a safe working environment for our employees. You can read more about when someone tests positive in a household [here](#).

In the case that a child/student has allergies the following applies. If someone develops allergy symptoms, they should take their medicine and if the symptoms improve then they can continue to be at the preschool/school. However, if the symptoms do not improve then they should stay home.

Frequently Asked Questions (FAQ) and answers connected to Covid-19

Who do I turn to if I have questions regarding Covid-19?

For general questions regarding Covid-19 please call 113 13. Information about symptoms and other helpful information for each region can be found by visiting 1177.se or calling their helpline, 1177.

What happens if a preschool or school needs to close?

Our utmost goal is to keep the preschools and schools up and running smoothly with as few interruptions as possible. Any decisions about school closings due to high levels of spreading of Covid-19 will be decided together with the infectious disease doctor for the region.

How are the decisions made about remote learning for schools?

We follow regional and national authorities' recommendations with regards to remote learning in schools. Decisions can be made at the both the national and regional level regarding distance learning for individual schools. The principal at each Dibber school is active in the decision-making process regarding potential remote teaching decisions. Each school is in a unique context that needs to be taken into consideration regarding remote teaching. Our primary focus is to ensure that high quality teaching for all students continue at the same time we follow current recommendations from authorities. In the case that you have questions regarding your son/daughter, or the school contact the principal directly for the most accurate and up to date information.



How does Dibber address preschool orientation and absence from preschool right now?

When a new child starts their preschool journey at a Dibber preschool, it is an asset that the parent/guardians are active in the orientation process together with the preschool teachers. Preschool is an environment where staff works very closely to children that are small and in need of care and closeness. As a result, it is important that during the orientation process parents/guardians follow the safety routines for the preschool in accordance with the Public Health Agency of Sweden's recommendations closely to ensure the safety of both the preschool staff but also the parents/guardians during this unique time.

How should a parent/guardian report absence in preschools right now?

Preschool is an optional program for families and children. However, we ask that families communicate with the preschool leadership in accordance with normal routines set out by the preschool in the case that a child is being kept home for a period of time. This helps the preschools plan accordingly and continue to provide high quality care.

How should a parent/guardian report absence in primary school & special needs schools?

It is important that you as a parent/guardian report absence of a student in accordance with the regular absence reporting policies. In the case of extended absence contact the school promptly to establish a dialogue with the principal regarding the reasoning for the absences and how best to support to avoid missing important learning.

In the case that your son/daughter has a weak immune system and you would like to discuss how to approach preschool/school attendance, contact your primary doctor for support in determining the best course of action. Primary school is compulsory in Sweden from 6-16 years of age. It is not possible to approve absence from school due to worry. In the case of absence due to a member of the household who has been infected with Covid-19, contact the school principal directly to inform about the upcoming absence.

Reminder: Wash hands frequently with soap and water for at least 20 seconds.

Miscellaneous

As part of the strategy to reduce the spread of Covid-19 we are avoiding children and students going to or attending activities in other indoor environments. As a result, this can cause previously schedule programming, like a theatre or library trip to be cancelled. However, outdoors activities are encouraged as an alternative to ensure high quality programming continues at Dibber preschools and school while also allowing for adherence to national and local safety measures.

We have limited travel required for Dibber employees and physical meetings are kept to a minimum, including meetings outside our normal office environment and external meetings. All staff and students should be completely healthy while at the preschool/schools.



We will continue to follow national and local developments and maintain an open dialogue with decision-making agencies, specifically the Public Health Agency of Sweden and local municipalities where we have preschools/schools. In that way we can ensure the best working and care environments for our children, students, and staff.

We maintain ongoing communication with each preschool/school and the respective principals and request that information be posted regarding the current Covid-19 situation for a given area.

We would like to emphasize that with good hygiene and perseverance to the safety guidelines we can reduce the risk of spreading Covid-19.

Thank you for your patience, support and understanding that everyone has demonstrated throughout the pandemic.

Kind regards,

Dibber Sweden leadership team