



Updated recommendations from January 20, 2022

The spread of Covid-19 is still high and continues to increase in Sweden and many of our preschools, primary schools and special needs schools experience a strong impact on both sick children, students and staff. 20/1 2022, the public health authority held a press conference where new information was presented and updates of the recommendations were made. This information sheet is not comprehensive and you should read what applies on the authority's website, here we address the most important pieces that affect our operations the most.

The rules regarding the so-called "family quarantine" are changing

If someone in your family or those you live with falls ill with covid-19 or shows symptoms, there is already a requirement for what is often called "family quarantine". This means that everyone in the household must stay home from preschool, school, work and leisure activities, etc. in order to reduce the spread of infection. The time to stay home from work and school when someone is ill in the household is shortened to five days, calculated from the time the person in the household got symptoms.

You do not have to stay home if:

- You have been vaccinated with a booster dose (dose three)
- You've had covid-19 at some point in the last three months

In addition, there are exceptions for some professional categories, these are defined by the Swedish Agency for Civil Protection and Emergency Planning and can be read on their website www.msb.se. Our professional categories within Dibber are not currently included in that list.

The rules for those who have Covid-19 are changed

The time for how long the person who has confirmed covid-19 should at least stay at home is shortened to five days. Even in the future, you must have been restored/feel as normal, including fever-free for 48 hours. This applies to both children and adults.

Keep in mind that

Household contacts who are exempt from the rules of conduct about staying home from work and school should continue to avoid close contacts as far as possible, and completely avoid close contacts outside of work or school. Everyone, even those who are exempt, should primarily work from home to the extent possible. The principal is the one who decides what is possible to do remotely.

Finally

- "Vaccination is the best protection against serious illness and death, and therefore it is important that everyone who has not yet been vaccinated does so, and that those who are offered a refill dose accept the offer. After dose three, there is also increased protection against infection. Therefore, vaccination also contributes to reduced spread of infection, says Director General Karin Tegmark Wisell at the Swedish Public Health Agency ". (Note that this is our own translation, for easy access)

Kind regards

Dibber Management