



Datum  
2020-09-10

To parents and guardians who have children  
in municipal preschool, elementary school,  
special elementary school and high school

## Corona/covid-19

The Public Health Agency of Sweden has updated their recommendations regarding children going back to preschool or school after being home with cold or flu symptoms. The Public Health Agency recommends testing school-aged children who have symptoms that can appear when being infected with the covid-19-virus in order to be able to go back school sooner. Due to the updated recommendations from The Public Health Agency, Bengtsfors kommun wants to clarify our guidelines regarding Corona/covid-19 in preschool and school. The guidelines comply with the recommendations from Public Health Agency.

### General recommendations

If you feel unwell with cold symptoms, such as cough, fever, shortness of breath, runny or stuffed nose, sore throat, headache, nausea or muscle- and joint pain you should avoid contact with other people. Do not go to work, school or pre-school. This applies even if you only feel slightly unwell. It is important that you do not risk infecting others. Stay at home for as long as you don't feel well.

### Preschool

The children in preschool are recommended to stay at home when they don't feel well and have cold symptoms. Preschool-aged children should not be tested unless there is a situation where the number of cases is increasing locally. A child may return to preschool two days after being without symptoms. A child may also return to preschool seven days after falling ill if there are only mild symptoms, such a slight runny nose or dry cough. The above mentioned is repeated every time a child falls ill with cold symptoms.

As a parent or guardian, you play an important role to help us prevent to get the infection to our preschools. As well as the guidelines regarding Corona/covid-19 is applying, the general guidelines regarding sick children at preschool still apply. If a child falls ill when at preschool, a parent or guardian will be contacted in order to bring the child home.

**Primary school, special primary school, high school**

The Public Health Agency recommends children in preschool class, 1<sup>st</sup>-9<sup>th</sup> grade and high school to be tested if they show signs of symptoms related to covid-19. A child who has **tested negative** for covid-19 may return to school with mild symptoms if the general condition is well.

If a child **tested positive**, the Communicable Diseases Act (smittskyddslagen) applies. The child and their parents or guardians receive rules of conduct according to the regional contact tracing guidelines when receiving the positive test result. The child has to stay at home until being free from fever and a general improvement for at least two days, and the child has to stay at home at least seven days since the symptoms first appeared. The child may return to school seven days after falling ill if there are only mild symptoms remaining, such as dry cough and a slight runny nose. Contact 1177 or your health center (Närhälsan/vårdcentralen) if you need health care counseling.

If **not tested**, children and teenagers are recommended to remain at home at least two additional days after all symptoms have disappeared. A child has to stay at home until being free from fever and a general improvement for at least two days, and a child has to stay at home at least seven days since the symptoms first appeared. The above mentioned is repeated every time a child falls ill with cold symptoms.

As a parent or guardian, you play an important role to help us prevent to get the infection to our schools. You are also the one who makes the decision whether your child will be tested for covid-19 or not. As well as the guidelines regarding Corona/covid-19 is applying, the general guidelines regarding sick children at school still apply. If a child falls ill when at school, a parent or guardian will be contacted in order to bring the child home.

Sincerely,

Björn Lindeberg  
Head of Education