

How does home quarantine work?

Are you one of the people who the County Medical Officer for Communicable Disease Control urged to stay in home quarantine because you were at Bromangymnasiet during 9-12 March?

Then it is extremely important that you actually stay home for 14 days and only meet with those you live with.

Ask someone else to shop or do other things for you and make sure you are not closer than 2 metres to those you do not live with. However, it is of course no problem to meet with friends, teachers and others online.

Those you live with can work or go to school as normal. But they should stay home if they are sick and pay attention to symptoms such as fever, cough, fatigue and body pain. This applies to everyone during the coronavirus era in any case. Of course, everyone should also be careful to wash their hands and cough or sneeze into the crook of their arm.

Most young and healthy people do not become particularly ill with the coronavirus. They just have to wait to get healthy again. And stay home for two days after that even if the 14 days are over. If, for example, you get so sick that you cannot stand up or have difficulty breathing, you should contact medical care by calling 1177.

What happens if I don't stay home?

If you break the voluntary home quarantine, the County Medical Officer for Communicable Disease Control may decide that you must be put in quarantine. Then the police may intervene if you do not follow the decision.