

For those who are asked to stay at home for 14 days

Because you were at Bromangymnasiet's premises 9-12 March 2020, you may have been exposed to the coronavirus, which causes the disease COVID-19. This is because there was a person at the school during the period of 9-12 March who turned out to have the coronavirus.

By urging everyone who was at Bromangymnasiet at that time to stay home, we hope to reduce the risk of the general spread of the virus in Hudiksvall. This means that you should stay home until 30 March.

For those who become infected, it takes 2-14 days from the date of infection until you get sick. This usually occurs 5 or 6 days after infection. If you become sick with cough, fever, body pain and fatigue, it could be caused by the coronavirus. It is when you are sick that you infect others.

Because so many people can be infected at school and because the illness can start to creep up with mild discomfort and still be contagious, I urge you to stay home during these 14 days.

This means that you should not be closer to people than 2 metres, except those who live with you, and you should stay at home. Friends and others should not visit you during this time.

You should particularly avoid all contact with elderly people, especially if they already have any illness. Young people who get sick from the coronavirus get sick about the same way as when you have the cold or flu, and it goes away by itself.

If you are an older retired person, there is a risk that the cold will turn into a more severe lung disease that requires hospital care. This is especially true for elderly people who have chronic illness e.g. heart and lung disease.

If you get sick with acute respiratory distress during the 14 days you are home and feel very poorly, you should contact medical care by calling 1177. This may be if you cannot stand up, eat, drink and have shortness of breath.

If you are only mildly sick, you can just wait until you get well again. If you are mildly sick, you may be able to stand up, eat, drink and feel fairly well.

If you get sick, you should stay home during the entire period of illness and an additional two days after you have recovered. Everyone should stay home for at least 14 days, but it may be a little longer for those who get sick.

Those you live with may get sick and they should also stay home. If someone feels really bad, he or she should contact medical care by calling 1177.

If you live with someone who has not been to Bromangymnasiet from 9-12 March, the person is not considered contagious if he or she is healthy. You are only contagious if you have respiratory symptoms in the form of fever and or cough, often combined with body pain and fatigue.

Signar Mäkitalo

County Medical Officer for Communicable Disease Control

Region Gävleborg

The school must provide means of contact.