



Hello guardian to student in upper secondary school!!

We know that you know!!

But now we start up again and need to remind ourselves, and each other, that we all have a responsibility to reduce the spread of infection.

As you know, upper secondary schools will return to school-based teaching at the start of the semester. This means that together we must actively work to limit the spread of infection and we need your help in supporting your children to take the great responsibility that this entails.

The guidelines that all our students need to respect are as follows:

- If possible choose to ride a bike or walk to school – this helps to reduce the load on public transport for those who must travel.
- Keep your distance
- Wash your hands
- Stay at home if you are sick /show symptoms (also applies to mild symptoms)
- Call in sick if you are unable to attend school, as well as contact your mentor
- Respect meal times and the restrictions around the lunch service.
- Respect the schedule – it is especially important that you and your school mates do not stay in our common areas at a time other than during break.

Help us to remind our students a little extra, to ride a bike or walk if possible. Remind them also to stay home if they are sick or have symptoms and to mind the current guidelines.

Schools make special efforts to reduce the spread of infection and recall joint responsibility through, among other things:

- On the school premises, there are signs reminding everyone to keep their distance.
- Cleaning continues as before with extra cleaning on surfaces that need to be disinfected frequently.
- In those student areas where many people normally stay at the same time, the flow is adjusted through scheduling and initially, alternative lunch is provided in classrooms for certain student groups.
- Larger student gatherings will be avoided.

Additional adjustments may be made during the semester.

If your child gets sick

According to the Swedish Public Health Agency, you should stay at home for at least seven days after you fell ill. You should also have been fever-free for two days and clearly feel better to be considered infection-free.

If you have been treated in a hospital, it takes longer to become free from infection. And if you have been symptom-free, but given a positive test, you are not considered infection-free until after seven days, if you do not fall ill.

It is common to maintain a dry cough after a respiratory infection. It may remain for long, but without being contagious. If more than seven days have passed since you fell ill, and you have been free of other symptoms for at least two days, the remaining cough is not considered to be infectious.

There is no requirement for negative testing before returning to school.