

Abrahamsberg 20201104

To guardians with children at Abrahamsbergsskolan

The Swedish Public Health Agency tightens recommendations in Stockholm County, due to increased spread of infection

The Swedish Public Health Agency has after consultation with the Stockholm Region's infection control physician, decided to tighten the recommendations in Stockholm County. Initially, the tightened recommendation is valid for three weeks, from October 29th to November 19th, unless otherwise announced by the authority.

The stricter recommendations do not apply to compulsory schools. The starting point is that the assignments and tasks the school has to perform must be achieved. Furthermore, all students must be in school and receive their education on the school premises. Unless otherwise decided, it is ordinary activities that apply, with the focus that we continue to follow the Swedish Public Health Agency's recommendations and we take measures and have routines that contribute to reducing the risk of the infection spreading.

In addition to previous guidelines with hand hygiene, keeping distance, surface cleaning and more to reduce the spread of infection, we also follow the Public Health Agency and the Education Administration's new recommendations and regulations:

• **Plan for fewer people in common areas**

Schools and preschools are not included in the recommendation of gathering of more than 50 people, but should still plan so that the number of people will be as few as possible in common areas, where it is possible.

• **Avoid gatherings of large groups of colleagues, co-workers and guardians**

There is no general ban on meetings. We continue to direct meetings to digital alternatives, if and when we have the opportunity to do so. Drop-off and pick-up at the activity center takes place outdoors.

• **Physical Education continues, and the public indoor swimming pools are open for schools**

It is clear from the Swedish Public Health Agency's recommendation that the restrictions to refrain from participating in sports training does not apply to children and young people born in 2005 or later. It is important that the curriculum-controlled activities are carried out, therefore are swimming lessons and physical education implemented still. Students should not change and shower during sports as changing rooms are identified as contagious.

• **Native language teaching**

Native language teaching must be carried out. The language center is now looking to return to distance education, also for the younger ages.

• **School trips with public transport**

At present, we avoid excursions that require public transport.

Infection control Stockholm / treating doctors give notice of home-isolation / family quarantine

On 12 October, home isolation / family quarantine was introduced in Stockholm County, for those living with a covid-19 infected person. This means that everyone who works at a workplace or studies at high school / college / university and who lives with or has lived with a person who has covid-19 during the infectious period must work or study from home for at least 7 days. It is the infection tracking team that works on behalf of "Smittskydd Stockholm" or the infected person's treating doctor, who gives notice of 7 days of home isolation of household members. Day zero is the day the person with covid-19 was tested. Children and young adult are excluded. In short:

1. Employees in the city must work from home for 7 days if they live or have lived with a person who carries covid-19 infection.
2. Pre-school children, primary school pupils and upper secondary special school pupils continue to go to school even if they live with someone who has covid-19. The condition is that they themselves are healthy.

Read the instructions in full on 1177 Vårdguiden Region Stockholm: <https://www.1177.se/Stockholm/aktuellt/aktuellt-i-stockholms-lan/om-hemisolering/>

With kind regards

Ulf Berg, principal of Abrahamsbergsskolan