

## **Covid-19 after 9th February in upper secondary schools**

**Most restrictions against Covid-19 were removed on 9<sup>th</sup> February 2022. Even so, the spread of infection within society is still high and together we still have a great responsibility to not pass on the infection.**

### **For you, as a student in upper secondary school this means:**

- You should stay at home and avoid contact with others if you are sick with symptoms that could be Covid-19, for example cough, fever, sore throat, headache, aches in the body.
- You can go back to school when you feel well enough after being sick.
- Family quarantine has been removed, so you do not need to stay at home if someone in the family is sick.
- Testing for Covid-19 has been removed and only applies to people who work in health care and elderly care. You do not need to test yourself if you are sick or have symptoms.
- You do not need to inform the school if you are infected with Covid-19.
- You do not need to wear a face mask on public transport.
- As with the usual spread of infection, we recommend that you continue to wash your hands regularly and use hand sanitizer.
- We recommend that you vaccinate yourself.
- Unvaccinated students should be particularly careful and avoid crowding and large indoor gatherings.

### **The principal decides for individual schools**

As the spread of infection is still high, there may be continued adjustments within individual schools. For example, distance teaching can be introduced if there is a high level of absenteeism among employees. Each school will return to normality based on its own conditions.

### **Mother tongue tuition and evening courses in modern languages at Cathedral school**

Up until the February break, both mother tongue classes and evening classes in modern languages at Cathedral school will continue as distance teaching. On Monday 28th February both these courses will return to face-to-face teaching, so you will be back in school for these courses.

### **More information**

You can find updated information on Covid-19 on these websites:

[Region Uppsala website at 1177.se](https://www.regionuppsala.se/1177)

[Public health Agency of Sweden](https://www.folkhalsomyndigheten.se/)

With regards

Christine Kastner Johnson,

Head of Upper Secondary schools