

Information for pupils and guardians

5 November 2020

Hello!

This information is for pupils at Norrköping's municipal compulsory and upper secondary schools, and for guardians of pupils at preschools, compulsory schools and upper secondary schools.

On Thursday 29 October, the Public Health Agency of Sweden and Region Östergötland decided to tighten up the general advice for Östergötland. This has been done to stop the current rapid spread of infection in Östergötland that is also widespread within society. The proportion of positive test results is rising, and the infection rates are continuing to head in the wrong direction. This places greater pressure on the health services.

The stricter general advice does not specifically single out preschools or schools. This is because children and young people have turned out not to spread infection to a high degree. The advice includes avoiding public transport, only spending time with people you live with, and completely avoiding organising or attending parties or gatherings with a large number of people. The advice also involves refraining from participating in sports training, matches and competitions. Children and young people born in 2005 or later can take part in sports training.

Teaching at preschools, compulsory schools and upper secondary schools will continue as normal, but certain aspects of teaching may be adapted. The FAQs at norrkoping.se (in Swedish) include details about these adaptations.

Everyone needs to do their part to stop the spread of infection! We would ask pupils and guardians to:

- Refrain from attending or organising parties. Try to find other ways to spend time together. Maintain social contact, but call or use messaging services instead of meeting up in person.
- Find other ways to get to school if possible. Cycle or walk.
- Pick up and drop off children outdoors where possible.
- If you were born before 2005, refrain from taking part in training and matches.

We would also ask guardians to respect the fact that we cannot currently receive physical visits.

The most important measures to protect yourself and others are to continue to:

- Stay at home if you experience even the mildest cold symptoms, such as a runny nose or a sore throat. You will be most infectious during the first few days, even if you do not feel particularly ill.
- Go and get tested if you experience even the mildest symptoms.
- Practise good hand hygiene. Wash your hands frequently.
- Keep your distance from other people.

Thank you for helping to stop the spread of infection!

Information and FAQs aimed at guardians can be found at norrkoping.se. Stay updated and visit the following page: www.norrkoping.se/information-om-det-nya-coronaviruset/har-du-barn-i-norrkopings-forskola-skola

There is also a page aimed at young people, including a summary of information, easy-to-read facts and advice. Please visit: www.norrkoping.se/organisation/for-dig-som-ar-ung-i-norrkoping/corona-information-till-dig-som-ar-ung

Best wishes,

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