



15th February 2021, Gothenburg

Letter from the Head of School

Dear Parents,

It is now “Sportlov”, our winter break from school. I hope all of you can enjoy this week, with some lovely winter weather in the Gothenburg region. Please be reminded of the Recommendations from the Public Health Agency of Sweden (“[Folhälsomyndigheten](#)”) and the Ministry of Foreign Affairs (“[Utrikesdepartementet](#)”) to avoid non-essential travel. Travel outside the EU and Schengen is strongly advised against.

If you have been outside Sweden, Folkhälsomyndigheten advises the following: “New variants of the virus that causes COVID-19 are spreading. Therefore, the Public Health Agency recommends people who enter Sweden to avoid close contacts and get tested for COVID-19.”

Get tested after your arrival in Sweden

Get tested as soon as possible after arriving in Sweden, and then again five days after your arrival. Visit [1177.se](https://www.1177.se) to find out specific information including where to get tested in your area. If you have tested positive for antibodies you are still recommended to get tested again after your arrival. The recommendation to get tested applies whichever country you have visited. It applies to children in preschool class and older, but not to younger children.

Self-isolate while waiting for your test and test results

While you are waiting for your test and the test results, you must assume that you are infected with COVID-19 – i.e., stay home, avoid close contact with others and maintain good hygiene. This also applies to children who attend preschool and school. Self-isolate for at least seven days after arriving in Sweden.

If you do not develop symptoms or test positive during the seven days after your arrival in Sweden you can move about in society, and students can return to school, but you have to follow the [guidelines and recommendations](#) that apply to everyone. Look out for symptoms of COVID-19 during these seven days. If you have any symptoms, you must contact [1177.se](https://www.1177.se) or a healthcare provider for testing.

If you test positive for COVID-19, you will be contacted by the healthcare services for a follow-up. This is handled in different ways in the different regions. You may be contacted by telephone or by mail. The healthcare services will notify you of the rules you must follow.

Please stay up to date on the regulations and general guidelines, and other recommendations from the Public Health Agency of Sweden on [how to protect yourself and others](#).

At our middle school, MYP will be taught at school and LGRM will be taught digitally from 23rd to 26th of February (Week 8). Further advice will be provided by section Principals, if digital learning arrangements are to be extended.

I wish you all a relaxing and safe “Sportlov” break and welcome you all back to teaching and learning on Tuesday the 23rd of February.

Kind regards,

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Head of School

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