

FAQ REGARDING COVID-19 IN ARJEPLOG & ARVIDSJAUR

IN GENERAL

Do I have to present a negative Covid-19 test result in order to enter Sweden?

As of 28 December 2021, all travellers should be able to present a negative test response for ongoing COVID-19 infection upon arrival in Sweden, regardless of which country you are travelling from. The reason for the decision is the increasing spread of infection

Testing for ongoing COVID-19 infection must have been performed within 48 hours of arrival in Sweden. The test requirement applies to foreign nationals travelling from countries within the EU/EEA, including the Nordic countries, or from other countries. The requirement applies to adults and children over the age of 12, regardless of whether they are vaccinated or have recovered.

The following types of tests for COVID-19 are approved: PCR/NAAT and Antigen.

Antigen tests are available in the form of rapid tests for ongoing COVID-19 infection and are usually the tests called rapid tests. However, self-tests are not accepted, as the test must be analyzed by a laboratory and the test certificate must be issued by an authorized laboratory. The certificate may be written in Swedish, Danish, Norwegian, English or French (translations are not accepted)

All residents are also advised to get tested for COVID-19 as soon as possible after arrival in Sweden. This applies to both vaccinated and unvaccinated people, and even if COVID-19 has been had in the last six months. The recommendation also applies to those who have presented a negative test in connection with entry. Children under preschool age are exempt.

General rules of conduct

Keep your distance from others and avoid crowded public environments. This is especially important in indoor venues. Anyone who experiences symptoms, vaccinated or unvaccinated, should take covid tests and stay home.

ARVIDSJAUR AIRPORT

Air traffic:

Nordica flies regular services from December, double trips Monday-Friday and single-hours Sunday. This is valid until further notice. Timetables are available.

Nordica flies the ATR72 (turbo propeller aircraft) until April, and from May 1 it will be jet again. Nordica is an interliner with SAS, which makes it easier for those who fly on to/from Arlanda.

Charter services are offered and have mostly accepted separation in slots, as last year. This means a better flow of passengers both outside and through the terminal.

Service in terminal:

The restaurant on the 1st floor will be open at charter days. Restrictions and recommendations will be followed. Face masks are recommended, which can be taken off when seated or during meals

The bar/café at the gate will be closed all season.
The opening hours of the shops are still uncertain (souvenir and meat/fish)

These are the general routines right now:

Arriving and departing passengers are separated, there are different entrances. Signs and stickers urge to keep distance. Clear delimited aisles for the areas that create queues so that distances can be kept, e.g. at check-in and security check. Face masks are required in the terminal for both staff and passengers.

Arvidsjaur Airport will follow the authorities' recommendations, which means that these rules of conduct may be changed at short notice.

TRANSFERS TO/FROM THE AIRPORT

What measures are the bus companies taking?

They will help you as a traveler to keep your distance and avoid congestion. You should also not travel if you are sick or have cold symptoms. Adults are advised to wear face masks if congestion cannot be avoided. Also the transport companies will adapt to the wishes of customers, so it is up to each individual company/customer to describe requirements and needs so that the bus companies can adapt accordingly.

ACCOMMODATION

Is there a mandatory quarantine requirement after arriving in Sweden?

No, there is no law/rule requiring travellers to self-isolate after arrival. However, all travelers are encouraged to get tested for COVID-19 as soon as possible after arriving in Sweden, preferably on the same day.

While waiting for your test result, you should be especially careful and keep your distance from other people, especially avoiding close contact with people at risk and people aged 70 and over. Pay special attention to symptoms of COVID-19 for 14 days from arrival in Sweden.

Is there the possibility of care in the hotels if someone is sick and tested positive for COVID-19?

Yes there is, each facility has an action plan in place to handle a situation where a guest needs to stay in their room. Extra rooms/cabins are prepared for this eventuality with catering possibilities from the restaurant.

Is an automatic extension of the stay due to sickness possible?

Yes, it will be possible.

Will the bandwidth and wifi capacity in the hotel rooms be sufficient for use as a home office?

Our hotels have different types of solutions regarding this, but according to the information we have received, it should be possible for those who are ill or for other reasons need to work from their hotel room to have internet access with satisfactory bandwidth.

Can increased cleaning frequency be arranged with the owners of private villas and apartments?

The local companies responsible for private house rentals, have in collaboration with each other and local support companies developed updated cleaning procedures related to the ongoing COVID-19 pandemic.

What if I have been in direct contact with someone who has COVID-19?

Meet as few people as possible in the next 7 days from when you were in contact with a person with COVID-19. Avoid close contact with people outside your own home. Refrain from all leisure activities that involve close contact with others. Work from home if you can. If you are unable to work from home, it is especially important that you try to keep a distance to other employees. Pay attention to symptoms for a total of 14 days. The likelihood of falling ill is highest during the first week after being exposed to infection, but the onset can sometimes occur up to 14 days after. Pay attention to symptoms, get tested as soon as possible and stay home waiting for test results.

What if I have met someone with confirmed COVID-19 and rent a private house?

In the agreement that the homeowners are part of when renting out their private houses, they approve to the Covid-policy that says that guests/guest will stay in the house indefinitely if they have tested positive. They will be isolated until they are symptom-free or indicate a negative test. At larger companies, they've arranged for isolation accommodation and the guests will be moved there.

What if someone in the household has confirmed COVID-19

You should stay home for at least seven days. This applies, whether you have symptoms or not, even if you are vaccinated, regardless of age. If you are of preschool age or older, you should also get tested. If you have symptoms, it is recommended to get tested immediately. If you are symptom-free, testing on day five is recommended from the sick person in the household having taken their sample. If you do not get symptoms and have received a negative test result, you can go back to their daily activities seven days after the person in your household tested positive. However, you should continue to pay attention to whether symptoms appear even after seven days.

If you have had COVID-19 in the last six months, you are generally exempt from the rules of conduct. But if you experience symptoms, stay home.

CATERING

Measures at serving points

Only seated visitors are allowed. The distance between the parties shall be at least one meter. (Applies to indoor venues).

What actions/ hygiene concepts have the restaurants planned?

They must ensure that distance can be kept. At most restaurants/hotels/serving outlets the staff use face masks. Access to hand sanitizer is ensured.

When serving

To reduce the risk of spreading infection, food and drink should only be served to visitors sitting at a table, a bar or similar. If this can be done without crowding, and with at least one meter away from seated visitors, visitors can pick up food or drinks over, for example, a counter or at a buffet.

Who is responsible for ensuring that restaurants and shops take necessary measures?

The company owners themselves are responsible for taking adequate actions to stop virus transmission. The municipality's environmental and health inspectors are responsible for monitoring restaurants and serving places. They have the power to shut down the activities if restaurants/serving places do not apply the necessary regulations.

Is there a maximum number of people allowed in shops & gyms at the same time?

Yes, at present, the number of customers should be limited so that it is safe from the point of view of infection control, this based on the size of the store/premises. The premises must be adapted so that distances can be kept and congestion avoided

Could a food truck be set up?

Food trucks are available in both Arjeplog and Arvidsjaur.

How about delivery services?

There are local companies that can make food and sandwiches upon request and also arrange delivery. Some companies also have the possibility to arrange catering. A tip is to contact the shop/restaurant/grocery store from which you want to buy goods directly and discuss possible solutions.

Public gatherings and public events

At public gatherings and public events, only seated participants are allowed. (Applies to indoor venues). In addition, there are regulations regarding additional infection control measures to be taken, such as offering the possibility of hand washing and informing about how the spread of infection can be avoided.

HEALTHCARE

Are there enough COVID-19 tests available?

Yes it is. PCR-tests for symptomatic individuals are offered at the Health Centers in Arjeplog & Arvidsjaur. A symptom-free person can get a rapid Antigen test via Avonova Hälsa. You may also contact Avonova to get a PCR test taken in Piteå.

Contacts to the Health care center?

Arjeplog Health center at +46 961-14801 or Arvidsjaur Health Center at +46 960-57502.

Note! - If you are sick or have symptoms, **always** contact the Health Centre before visiting.

Evenings and weekends you have to call +46 961-148 02 (Arjeplog) or +46 961-575 01 (Arvidsjaur)
And remember that the emergency number 112 shall be used in emergency situations.

How long does it take to get the test result?

PCR at the Health center takes about 2 days. For antigen it takes a couple of minutes. PCR at Avonova in Piteå, approximately 24 hours.

How do I get the result from my test?

Standard procedure for the Health Centers is to present the results on "My pages" at 1177 (applies to people with a Swedish personal identity number and bank ID) while they will call foreigners if the test is positive, and send you a letter if you are negative. Therefore, it is important to provide all relevant contact information when you are being tested and also remember to bring your passport.

For an antigen test you get a written certificate within ten minutes.

If you have had COVID-19 in the last six months

You usually don't need to get tested again if you know you've been sick with COVID-19 in the last six months. But you should stay home as long as you are sick. In some cases, a doctor may still ask that you get tested.

What to do if you have tested positive?

If you have taken a sample that shows that you have COVID-19, you should stay at home until you get well, at least seven days. The seven days you should stay home counts from the day you noticed your symptoms. And if you have had a fever, you should have been fever-free for at least 48 hours before going back to work and leisure activities.

If you have taken a sample that shows that you have COVID-19, but you do not have symptoms, the seven days you should stay home counts from the day the test was taken.

Who is responsible for the contact tracing procedure?

The health centers are responsible for the contact tracing when a person has tested positive.

What happens in severe cases when a person needs to receive intensive care?

Those in need of intensive care will get it.

Where do you get advanced/intensive care for COVID-19?

That is given at Piteå or Sunderby hospital.

Who decides who needs advanced health care?

This is determined by the staff at the health centre based on the patient's general condition, not on the basis of Covid testing.

Is there a reporting chain, if you have severe symptoms?

If COVID-19 has been detected, yes.

What if I experience mild symptoms that passed quickly, before I had the chance to be tested?

If you experience symptoms that pass quickly and can't be related to a known cause such as physical activity or allergy, you must still stay at home, get tested and be completely symptom-free for two days before returning to work. This is to ensure that the symptoms really were temporary.

Are there any alternatives to the public health centers if I require a faster test result, for certificates or if I want to be tested without experiencing any symptoms?

In Arjeplog **Avonova Hälsa AB** offers Antigen testing for individuals without active symptoms. The tests are performed by trained professionals and the test result is presented directly. These tests may be used for obtaining travel certificates. Certificates are printed directly on site after testing, provided that the test is negative. In case of positive test, the Health Centre must be sought for PCR testing and infection tracing.

How do I book a time for Antigen testing?

You have to prebook the test by sending an email to patrik.berglund@avonova.se or susanne.marklund@avonova.se that includes: your passport number, date of your test, name and social security number - in the following order: year, month, day.

It is desirable, if possible, that each individual company/organisation appoints a contact person to handle the booking of tests for its staff.

Booking price SEK 1 100/person (VAT not included)

Where do I go to get tested?

Avonova Hälsa AB will be in Arjeplog, Thursdays and Sundays from 5 PM, during the period January 13th to April 3rd 2022. If there is a need for tests before or after this period, please contact Avonova directly for a discussion.

PCR testing without symptoms?

If you need a PCR certificate, you have to do that in Piteå before lunchtime, the samples will be collected no later than 14.00. You will get the test result next day at 13.00. Those who need a PCR certificate must take the test on a Monday if they go back home on Wednesday, the test is valid for 72 hours so it is valid until Thursday if the sample is taken on a Monday.

How do I get in contact with Avonova Hälsa AB?

By sending an email to patrik.berglund@avonova.se or susanne.marklund@avonova.se

This document is compiled in co-operation between Arjeplog and Arvidsjaur municipalities, the local business organisation Argentis and the Swedish Proving Ground Association. The information is subject to change and will be updated regularly during the season. The latest version is published online on the following sites:

www.arjeplog.se

www.arvidsjaur.se

www.argentis.se



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