

Guidance for staff, students and children with seasonal allergies

Both seasonal allergies and Covid-19 can give mild cold symptoms and therefore it can be hard to assess if the symptoms are due to allergies or if you have been infected.

Advice from the department of public health for people with seasonal allergies dated march 26 2020:

- Stay at home even if you get mild symptoms such as a stuffy nose, a slight cough or a sour throat. Medicate as usual for your allergies. If the symptoms doesn't get worse, the medication is helping och you know that your symptoms are due to your allergies your don't have to stay at home.
- If new symptoms occur that are not connected with your allergies or if your get at fever you should stay at home until these symptoms disappear. After that you should stay at home for 2 more days.

It is very important to start treatment well in advance before allergy season starts and to be observant if symptoms change character.

In case of uncertainty when to return to work, school or preschool, the department of public health advice is to contact your doctor or healthcare who is qualified to make that assessment.

Source: https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/fragor-och-svar/?exp=69644#_69644

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