Covid testing for students at Uppsala university, Campus Uppsala

Firstly, welcome to Sweden and Uppsala!

Please read the following information, which has been provided by Region Uppsala.

- Specific instructions for testing on arrival in Uppsala. It is only relevant for your first week directly after arrival.
- Where to get tested
- General information about testing in Uppsala. The information there is relevant for the rest of your stay here.
- Tips for living in a student corridor

Day 0

Testing for covid-19 – arrival day

- On your first day in Sweden, you will be tested for covid-19. You will also have to get tested five days later. Even if your first test result is negative, please stay at home and avoid all close contact until you receive a negative test result from your second test.
- The sample is collected from the nose and throat with a special swab stick.
- If your first test result is positive, you will be contacted by phone and given advice on how to act while you are infected.
- When you are tested, it's important that you provide a working phone number so that we can reach you. It's also important that you answer calls from unknown numbers during the week that follows, as we might try to contact you regarding a positive test result and contact tracing.
- When you get tested for covid-19 you will be given a so-called reserve number. Please save this, as it will be used when you receive your test result and for future contacts with the Swedish health care.

DAY 5

Testing for covid-19 – day 5

Regardless of your test result you will be contacted. If your test result is positive, you will be given advice on how to act while infected. If you haven't been contacted within four days after your last test, please call (+46) 018- 617 35 64 to receive your test result. Remember to have your reserve number close to hand. Phone hours are Monday-Friday 08:15-11 and 11:45-15:30.

- It's important that you answer calls from unknown numbers during the week that follows, as we contact everyone who has been tested for covid-19.
- Please remember to stay at home and avoid all close contact until you have received a negative test result from your second test.

Where to get tested?

Two places will be available for testing during the arrival week. If you arrive outside of these dates please see "how to book an appointment".

The Segerstedt Building

Address: Dag Hammarskjölds väg 7, Uppsala

Thursday 19/8: 09:00 – 20:00

Friday 20/8: 08:00 – 20:00

Saturday: 21/8: 08:00 – 17:00

Sunday 22/8: 08:00 – 17:00
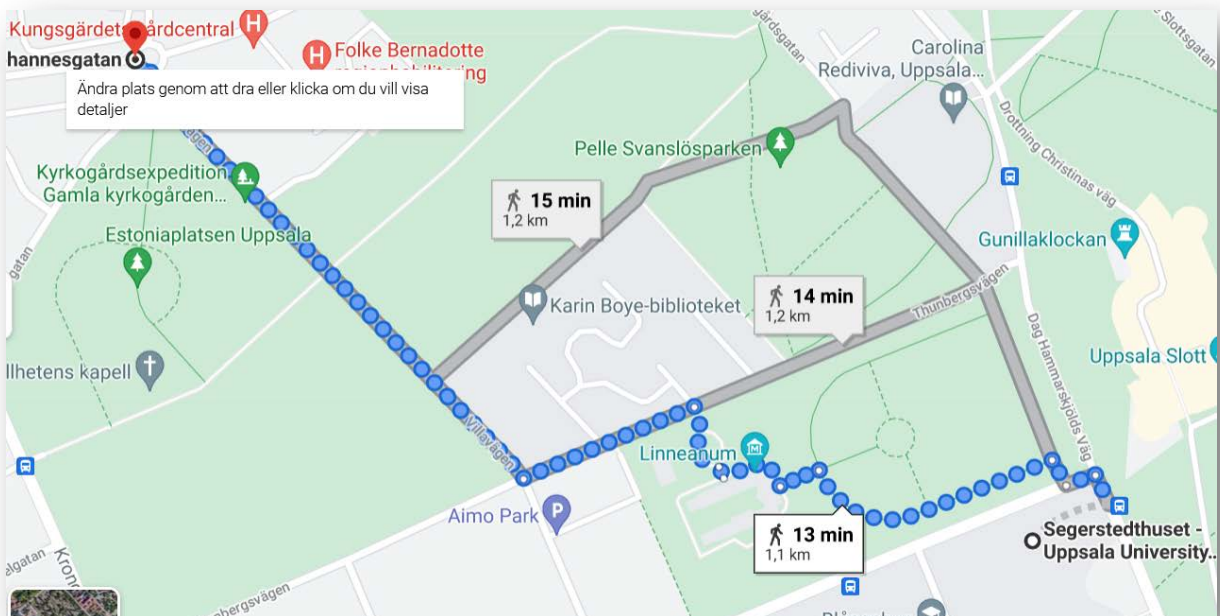

Kungsgärdets vårdcentral (health centre)

Address: S:t Johannesgatan 28 A, 752 33 Uppsala

Thursday 19/8: 10:00 – 16:30

Friday 20/8: 10:00 – 16:30

Tuesday 24/8: 08:30 – 16:30

Wednesday 25/8: 08:30-16.30

General information on how to book an appointment for testing

It's important that you get tested for covid-19

If you are showing symptoms such as fever, sore throat, coughing, runny nose or if you have been in contact with someone who has tested positive for covid-19, we recommend that you get tested for covid-19. You can book an appointment through any of Uppsala's health care centers. The test is free of charge and there are health care centers open on both weekdays and weekends.

The test offered is a PCR test. The PCR test is better at detecting infection than self-tests available in stores or online. Only the PCR samples are analyzed for possible mutations, which is why getting the PCR test is recommended.

How to book an appointment

You can book an appointment by calling **018-617 35 64**. Phone hours are Monday-Friday 08:15-11 and 11-45-15:30. You can also call this number to find out your test result or if you have any questions regarding getting tested.

If you have a Swedish personal identity number and bank ID you can also book an appointment via 1177.se (covid-19 in other languages (Book a visit to a test site for covid-19 (PCR test)).

Please note!

- When you book an appointment, it's important that you provide a working phone number so that we can reach you. It's also important that you answer calls from unknown numbers during the week that follows, as we might try to contact you regarding a positive test result and contact tracing.
- When you get tested for covid-19 you will receive a so-called reserve number. Please save this, as it will be used when you receive your test result and for future contacts with the Swedish health care.

How the test works

The sample is collected from the nose and throat with a special swab stick.

Remain at home until you receive the test result

It's important that you stay at home until you receive your test result.

If you have covid-19

If the test result shows that you have covid-19 it's important that you stay at home until you are no longer infected. You are no longer infected when the following points are true:

- You clearly feel better.
- You have not had a fever for the last two days.

- It's been at least seven days since you got sick.

You do not have to do another test to find out if you are still infected.

If you don't have covid-19

If the test result is negative and you don't have covid-19 you should remain at home until you feel better and no longer have a fever.

You can read more about covid-19 and how to get tested at 1177.se (covid-19 in other languages) or at folkhalsomyndigheten.se

Get vaccinated with two doses!

For information about vaccination please see https://www.1177.se/en/Uppsala-lan/other-languages/other-languages/covid-19/vaccin-engelska/.

Continue to

- Isolate and test yourself if you have symptoms or if you have been in close contact with someone who has tested positive for SARS-CoV-2. PCR tests are free and they are more accurate than quick tests or home tests. Information for how to book a test is on the previous page.
- Avoid large gatherings and unnecessary social contact, even outdoors.
- Use face masks in confined spaces, for example public transport or in grocery shops.

Tips if you live in a student corridor

Communicate with your neighbours. Create a chat group to quickly and easily communicate with each other.

Update your corridor mates on how you are feeling and whether you need help with anything

If someone in your corridor tests positive for SARS-CoV-2

If possible, try and arrange separate times for using communal areas, for example the kitchen. Make sure that you clean afterwards, and if possible air out the room.

If you have shared toilets: try and keep one toilet for the sick individual

Avoid close contact with others in the corridor, even if they aren't sick. Use face masks in communal areas.

Study at home. Contact the course coordinator or your professor and decide on how you can complete any mandatory assignments you may have, either via distance or at a later date – there are bound to be good solutions.