

In The Morning!

Got some PCR info from our "CDC" called FolkHälsomyndigheten ("Authority for Population Health"). I've been lobbying them for a while now on this matter. I don't know for sure that I single handedly made them change it but I do believe so :-)! I've simply been asking for clarification on the matter repeatedly, nice and polite with references when applicable. Couldn't have done it without you guys and all the producers. Thank You!!!!

(Translated from Swedish to English by <https://www.systransoft.com/lp/swedish-english-translation/> )

**"Guidance on criteria for assessing the freedom of infection at the Covid-19 Public Health Authority has developed national criteria for assessing the freedom of infection at the Covid-19. The PCR technology used in virus detection tests cannot differentiate between viruses capable of infecting cells and viruses rendered immune by the immune system and therefore these tests cannot be used to determine whether someone is infectious or not. Virus RNAs can often be detected for weeks after the onset but do not mean that you are still infectious. There are also several scientific studies which suggest that the level of infectivity at covid-19 is highest at the beginning of the disease period. Therefore, the recommended criteria for assessing freedom of infection are based on stable clinical improvement with freedom from fever for at least two days and at least seven days after symptoms began. For those who have had more severe symptoms, at least 14 days after the onset of illness and for the most ill, individual assessment by the treating physician is valid. These criteria were developed in cooperation with representatives of the associations of specialities in infectious medicine, clinical microbiology, hygiene and disease control. The recommendations will be updated as new knowledge on infectivity at Covid-19 is added, as current knowledge is limited."**

Source:

<https://www.folkhalsomyndigheten.se/publicerat-material/publikationsarkiv/v/vagledning-om-kriterier-for-bedomning-av-smittfrihet-vid-covid-19/>

I continued to ask questions and also got this in an e-mail:

**"PCR is a reliable method of detecting genome from the SARS-CoV-2 virus, but it won't be able to tell you that you are contagious or not. We therefore recommend taking the sample when you have symptoms compatible with covid-19, when positive test response in combination with symptoms indicates active infection. When in the course of the disease samples are taken is crucial for the sensitivity to the detection of SARS-CoV-2 in the upper respiratory tract. Our recommendation is that it be taken on days 1-5. Sensitivity generally decreases for samples taken later than a week after onset of symptoms. It is the responsibility of laboratories to ensure the reliability of the analyses."**

I'm very excited to have found out how easy it is to make a difference by acting like you honestly don't know and honestly want to find out. Keep asking, keep referencing!

I'm still working on them putting a cap on or publishing the cycles used. More on that later(?).

Thanks again/Jonahgold