Together we can slow down the spread of infection!
It is everyone’s responsibility to prevent the spread of COVID-19.

Here is what you can do:

Stay at home, even if you only have mild symptoms. Keep informed of special recommendations.

Wash your hands often with soap and water for at least 20 seconds, or use hand sanitiser.

Limit new close contacts. Socialise only with people you usually meet, e.g. the people you live with or a few friends and loved ones.

Keep a distance from others both indoors and outdoors. Avoid crowding and shop on your own if possible.

Work from home if possible. When you are at your workplace, keep a distance from others at meetings, in break rooms and in changing rooms.

Travel in a way that minimises the risk of infection. If possible, walk, cycle or use other alternative means of transportation.

Avoid meeting new contacts during longer journeys and at your destination. Make sure that you can self-isolate at your destination, or travel home in a safe manner if you develop symptoms of COVID-19.

Use face masks on public transports where you cannot book a seat. This applies weekdays 7:00–9:00 and 16:00–18:00 to people born in 2004 or earlier.

Minimise the risk of infection in sporting and leisure activities. Keep a distance, be outdoors, do not share equipment, avoid changing rooms, engage in the activities in smaller groups, etc.

This is a summary of The Public Health Agency of Sweden’s amendment of regulations and general guidelines on everyone’s responsibility to prevent the spread of COVID-19 (HSLF-FS 2020:12). The new general guidelines came into force on 14 December 2020 and apply until 30 June 2021. County Medical Officers can issue local and regional recommendations. Read more at krisinformation.se.

Source: The Public Health Agency of Sweden