

Together we can slow down the spread of infection!



Folkhälsomyndigheten

It is everyone's responsibility to prevent the spread of **COVID-19**.

Here is what you can do:



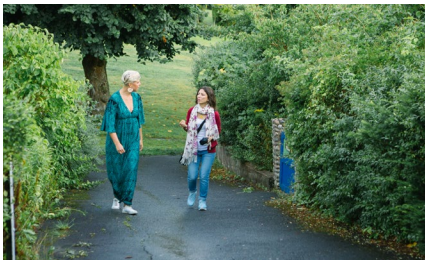
Stay at home even if you only have slight cold-like symptoms.



Wash your hands often with soap and water for at least 20 seconds.



Keep an arm's length distance from others both indoors and outdoors.



If possible, walk, cycle or use other alternative means of transportation.



Choose means of transportation where you can book a seat in advance or where you can avoid crowding.



Keep a distance from others on the bus, metro, tram or other public transports.



Avoid social gatherings such as parties, funerals, christenings or weddings.



Keep a distance from others at sports grounds, in public baths and at the gym, and avoid using public changing rooms.



If you are 70 or over, it is even more important to avoid places where people gather and to limit your physical contacts.

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 13 June 2020.

Source: The Public Health Agency of Sweden