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 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