

# 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 mild symptoms. Get tested for COVID-19 even if you are vaccinated.**



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



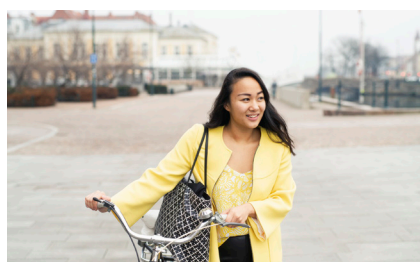
**Keep a distance from others, especially indoors. Avoid crowded places such as shops, shopping centres and public transports.**



**Socialise outdoors and in smaller groups. Avoid close contact, especially indoors and in small spaces for a long time.**



**Work from home if possible. When you are at your work-place, 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. Make sure you can self-isolate or travel home safely if you develop symptoms of COVID-19.**

County Medical Officers can issue local and regional recommendations. Read more at [krisinformation.se](https://www.krisinformation.se).

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 1 July 2021.

Source: The Public Health Agency of Sweden