



# It's important to keep fit

... but things aren't back to normal

COVID-19 continues to spread. Even if you don't get so ill yourself, the people around you can become seriously ill.

- Stay at home when you feel ill.
- Keep your distance.
- Wash your hands regularly.
- Get tested if you have symptoms.

*even if your  
symptoms  
are mild*



Folkhälsomyndigheten  
PUBLIC HEALTH AGENCY OF SWEDEN