

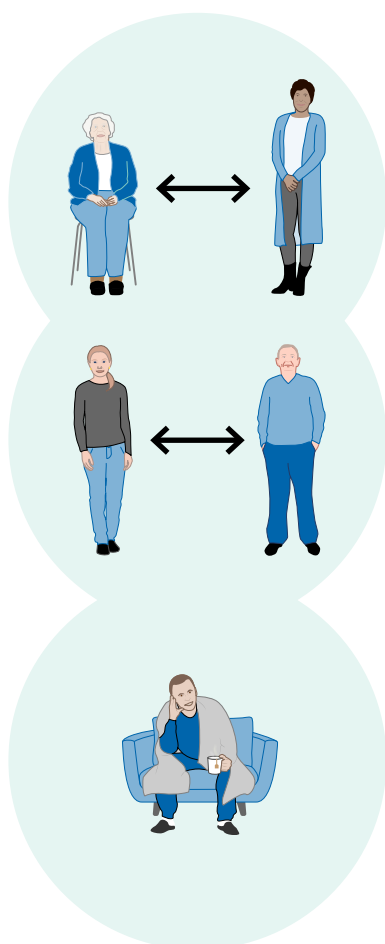
# Have you not been vaccinated yet, or have you only gotten your first dose?

**Vaccination is the best way to protect yourself against serious illness and avoid spreading COVID-19 to others.**

If you are an adult and have not yet been vaccinated against COVID-19, you should be especially considerate of people in risk groups and people aged 70 and over. This also applies if you have only gotten your first dose.

Old age is the main risk factor for serious illness from COVID-19.

We all have a responsibility to protect older people from infection.



## **Avoid close contact with people in risk groups**

Be especially careful to keep your distance from people at risk of becoming seriously ill and those aged 70 and over.

## **Keep your distance**

Keep your distance from other people whenever possible. Avoid crowding and places where many people gather.

## **Stay at home when you are ill**

Stay at home when you are ill, so you don't infect others. This advice applies to everyone, including children and young people and those who have been vaccinated with two doses of the vaccine. Get tested if you have symptoms (this advice applies to those over six years of age).

For more information, please visit [fohm.se](https://fohm.se)



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