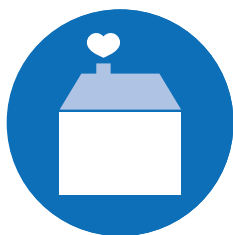


# How visitors can help prevent the spread of COVID-19



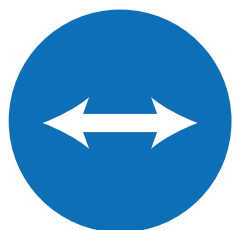
## Stay home if you have any symptoms

Do not visit if you feel ill, even if you only have mild symptoms. This will keep you from infecting others.



## Wash your hands regularly.

Wash your hands with soap and water before, during and after the visit for at least 20 seconds. Use hand sanitiser if you are not able to wash your hands.



## Keep your distance

Even if the person you are visiting has been vaccinated, you still need to keep your distance from other people - both indoors and outdoors.



## Ask the staff

There are local procedures for visits, therefore ask the staff about the procedures that apply at the care home.

Old age is the main risk factor for serious illness from Covid-19. We all have a responsibility to protect older people from infection.

folkhalsomyndigheten.  
se/covid-19

