This spring, keep your distance during the holidays

We currently have many holidays ahead of us. This year, we will not be celebrating them as normal.

We need to think about protecting each other from the spread of infection and only socialise with a few people.

Together, we can slow the spread of COVID-19 in Sweden.

Here is what everyone can do to help:

• Celebrate with a few select people.

• Keep your distance from others in all contexts, both indoors and out.

• If you must travel, you should travel in a way that limits the risk of infection as much as possible. Do not travel if you have symptoms and avoid travelling by public transport where it is not possible to book a seat.

• Stay at home and get tested for COVID-19 even when you have only mild symptoms.

• Limit your social activities to a small “pod” of people by only spending time with the people with whom you live or a few friends or loved ones from outside your household.

• Wash your hands with soap and water regularly and for at least 20 seconds.

• Do not attend parties, funerals, baptisms or weddings. If you wish to celebrate a holiday, celebrate it only with your nearest and dearest.

• Get vaccinated as soon as you have the opportunity.

More information about COVID-19, testing, vaccination and recommendations