



Important information about the novel coronavirus

We all need to help out to limit the spread of the novel coronavirus and to protect elderly people and others in high-risk groups.

- Wash your hands often and thoroughly with soap and water. Wash for at least 30 seconds. If you cannot wash your hands, use hand sanitizer.
- Cough or sneeze into your elbow.
- Do not touch your face with your hands.
- The public health authorities encourage everyone who shows symptoms – even mild ones – to avoid all social contact so as to avoid infecting others. This applies in both work and private environments.
- The symptoms of COVID-19 often resemble those of the common cold or flu, and most people who contract the illness only become mildly ill. One or more of the following symptoms are common: cough, fever, shortness of breath, runny nose, sore throat, headache, muscle and joint pain, and nausea.
- Stay home as long as you feel ill. Wait for at least two days after you feel well again before returning to work or school.
- If you are aged 70 or more, it is recommended that you limit your contact with other people as far as possible for a good while yet. This applies even if you feel well.
- If you work in the field of elderly care, it is especially important not to go to work if you develop any symptoms of infection of the airways.
- As a relative, you should avoid visiting elderly relatives unless it is absolutely necessary – even if you and they feel well. Avoid unnecessary visits to hospitals and nursing homes, and never visit anyone if you have symptoms of infection of the airways.

Do not pass on information or rumours that have not been confirmed by a trustworthy authority.

- ➔ To read information about the novel coronavirus (in Swedish), visit **krisinformation.se** or **1177.se**.
- ➔ You can also call **113 13** for general information.
- ➔ Call **1177** if you are ill and need healthcare advice. This hotline can provide help in assessing your symptoms and information about where to seek care.