

We need to continue working to prevent the spread of the coronavirus

The situation is still serious. The novel coronavirus, which causes the illness known as COVID-19, continues to spread in Sweden and the rest of the world. In order to limit the spread of infection, everyone needs to take personal responsibility.

Here is what you can do:

- Do not visit elderly friends and relatives. People aged over 70 make up the group most at risk of becoming seriously ill from COVID-19.
- If you are aged over 70, try to limit contact with other people as far as possible. This applies even if you feel well.
- If you are ill – even if you “just have a bit of a cold” – stay home. Avoid interacting with other people until you have been completely well for at least two days.
- Do you feel so sick that you think you need professional care? Call Vårdguiden (The Care Guide) on 1177; do not go directly to a clinic or hospital. Vårdguiden will advise you about when, where and how to seek care. In the event of a life-threatening condition, call 112.
- Try to maintain a safe distance of at least 2 metres from other people when you are in public areas, or when you are in a shop or on a bus, for example.
- Only travel if you absolutely have to.
- Wash your hands often with soap and water for at least 20 seconds.

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

Healthy children can go to school

Primary schools and preschool facilities in the Municipality of Södertälje are open. From the perspective of infection control, the public health authorities do not consider there to be any reason why healthy children should stay home. On the other hand, children who are ill must not come to school.

The schools in Södertälje have prepared procedures and work methods to allow for the current situation in society. These involve, for instance, more lessons outdoors, more distance between students when eating meals, and hand washing at specific times. The intention here is to ensure that students can continue to receive the necessary education – even in the current circumstances.

As regards high school, adult education and vocational colleges, we will continue the remote learning programme.

Where to find information about the coronavirus

- The [krisinformation.se/en](https://www.krisinformation.se/en) website presents a comprehensive set of information from the responsible authorities.
- Vårdguiden (The Care Guide) at [1177.se](https://www.1177.se) publishes information about coronavirus symptoms, etc. Only call 1177 if you are ill.
- If you have general questions about the coronavirus, call the information hotline on 113 13.
- You can also visit the municipal website at [sodertalje.se/coronaviruset](https://www.sodertalje.se/coronaviruset), where you will find information videos in a variety of languages including Arabic, English, Finnish, Polish and Suryoyo.