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Public Health Agency of Sweden: Advice for reducing infection

According to the new general advice of the Public Health Agency of Sweden ("Folkhälsomyndigheten"), larger social events should be avoided and people over the age of 70 should be particularly careful. The purpose of the advice is to counteract the spread of covid-19 and, above all, to protect the most vulnerable people in society, namely risk groups and the elderly.

To counteract the spread of covid-19, one must stay at home if one has symptoms, one must be meticulous with hand hygiene and one must keep a distance to others. People over the age of 70 and those who belong to other risk groups should limit their physical close contact with others and completely avoid public transportation.

They should also avoid shopping in stores such as pharmacies and grocery stores or being in other places where people gather.

According to the Public Health Agency of Sweden, the main risk group is elderly people who have underlying illnesses. For example, high blood pressure, cardiovascular disease, lung disease or diabetes. Particularly vulnerable to being affected by serious illness are people with several underlying illnesses.

Each and every person in Sweden has a responsibility to prevent spreading the illness, also businesses. This is the advice of the Public Health Agency of Sweden to businesses:

- If possible, sports associations should hold workouts and other sports activities outdoors, postpone matches, training matches, competitions and cups and limit the number of spectators.
- Non-profit associations should postpone their annual general meetings or the like, if those meetings require members to meet in one place.
- The number of passengers on public and other forms of transport should be limited, and the number of journeys made arranged to avoid heavy traffic.
- Employers should ensure that their personnel and visitors maintain social distance, that employees work from home and avoid unnecessary travel.
- Shops, shopping centres and malls should limit the number of customers allowed in at any one time. They should also introduce alternatives to queues for cash registers, or stipulate the distance customers should maintain from each other.

SOURCE: PUBLICHEALTHAGENCYOFSWEDEN

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