



## Slow down the spread of Covid-19

In order to slow down the spread of the coronavirus, it is important for everyone to take responsibility. This is made sure by taking the following actions:

- Stay at home if you have symptoms. [Common symptoms of Covid-19](#).
- Wash your hands frequently with soap and water for at least 20 seconds. [You can find more advice on hygiene here](#) (in Swedish).
- Keep your distance from other people, both indoors and outdoors.
- Be careful when visiting people who are aged 70+ or belong to an at-risk group. [The Public Health Agency of Sweden has information](#) (in Swedish) about how you can socialise safely.
- If you are aged 70 or over it is particularly important to limit social contacts and avoid places where people gather.
- Avoid large social gatherings.

### If you are ill

It is vital that you stay home if you feel ill and for as long as you are ill, so as not to risk infecting others. Wait for at least two days after you recover before going back to work or school. If you are unable to self-care at home, call [1177](#) for medical advice.

If you have a confirmed Covid-19 infection, you must stay at home for at least seven days after you fell ill. You must also have been free of any fever for two days and clearly feel better. Symptoms such

as a dry cough or loss of smell or taste can persist after you have become free of a Covid-19 infection.

## **If a member of your family is ill**

If a person in a household falls ill with fever, a cough or other symptoms of Covid-19, he or she must self-isolate in the home. If possible, the person who is ill must self-isolate in their own room.

Bear in mind:

- Try to keep at least an arm's-length distance from the person who is ill.
- Wash your hands as frequently as possible with soap and water for at least 20 seconds. Always wash your hands before meals, when handling food and after visiting the toilet.
- Cough and sneeze into the crook of your elbow or a tissue. Always dispose of tissues in a waste bin and wash your hands afterwards.

As long as siblings and other family members do not have any symptoms, they can continue as usual to attend pre-school, school or work, while at the same time remaining especially alert for the occurrence of symptoms. If symptoms appear, they must stay at home.

## **Advice on face masks**

According to the [Public Health Agency of Sweden](#), face masks are not needed in everyday life. It is better to keep a distance from other people and maintain good hand hygiene.

[The World Health Organization \(WHO\)](#) writes that face masks can create a false sense of security in people who wear them, which can result in wearers forgetting important safety measures such as good hand hygiene and keeping a physical distance from others.

According to the WHO, face masks that are not approved for medical use risk increasing the spread of infection if they are not used properly. One example is if you touch the face mask with your hands, thereby picking up the virus or transferring your own virus to your hands.

## **Work from home if possible**

Work from home if this is possible, in consultation with your employer. It is also good to avoid unnecessary travel. The purpose is to reduce the rate at which the infection spreads.

