



Folkhälsomyndigheten

The spring holidays will be different this year

We have many festivals ahead of us: Easter, Ramadan, Eid-ul-Fitr and Pesach to name but a few. This year, we will not be celebrating them as normal.

Instead of meeting our loved ones we must concentrate on protecting one another from infection. It is especially important to protect our elders, who are at risk of falling gravely ill.

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

This is what everyone can do to help:

- Stay at home, even if you only have slight cold-like symptoms.
- Wash your hands often with soap and water for at least 20 seconds.
- Keep your distance from others both indoors and out.
- Keep your distance from others on buses, trains, the metro, trams and other forms of public transport.
- Do not attend parties, funerals, baptisms or weddings.
- Keep your distance from others on sports grounds, in public baths and at the gym and avoid using public changing rooms.
- If at all possible, do not travel during rush hours.
- Travel only when absolutely necessary.
- If you are 70 or older, it is even more important that you limit social contact and avoid places where people gather.

You can learn more about Covid-19 and how to protect yourself and others from infection at <https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/protect-yourself-and-others-from-spread-of-infection/>

Information in other languages is available at <https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/skydda-dig-och-andra/information-pa-olika-sprak/>

The Public Health Agency of Sweden issues general recommendations on how the Swedish Communicable Diseases Act should be applied, including the importance of avoiding social gatherings where large numbers of people meet. Our current recommendations are valid until 31 December 2020.