

Enjoy the snow - winter break is for everyone!

Winter is here! And soon it's winter break. Take the opportunity to be outdoors as much as you can – both adults and children.

Exercise is good for everyone and being outdoors – even if it is snowy and cold – is good for body and soul. A Swedish saying is “There’s no bad weather, there are only bad clothes.”

Day by day it is getting brighter outside, and the snow helps to reflect the light. In northern countries where there is limited light during winter, you must be outside more to get UV light (light from the sun) on your skin. The UV light also makes vitamin D. Without it, you can get osteoporosis and other diseases.

Children as well as grownups need to be outside to stay healthy. For adults, it is good to walk at least 30 minutes every day! Then risk for cardiovascular disease decreases, as well as for cancer and mental illness. It will also get easier to sleep at night.

It can be icy and slippery on roads and sidewalks. To avoid slipping it is good to wear shoe grips. You can buy them at a pharmacy, for example, and attach to your shoes. Some municipalities distribute shoe grips, free of charge, to people over 65 years of age. Some also lend leisure, and sports equipment free of charge. For example, skates, skis, and helmets.
Call your municipality and ask!

Risk of infection increases after winter break

There are no longer as many patients with Corona (covid-19) coming to the county hospitals. Still, infection control doctor Lisa Labbé Sandelin is worried. She says there may be a third wave of Corona if many people travel during winter break and become infected.

Therefore, the traveler must be extra careful. You should only socialize with the same small group of people as you normally do, and you should not make new contacts. You must also be extra careful and follow the recommendations on hygiene.

So: Be outdoors as much as you can – but do not make new contacts. Continue to follow all recommendations on hygiene.

RIGHT NOW! On February 12, 13.252 people in Kalmar county were vaccinated!

About winter break

In Sweden, winter break (“sports holiday”) has existed since 1940. But at that time, it was called “Fuel holiday”. The winters were very cold back then and it was expensive to heat the schools. To make sure the holiday was meaningful for the children, activities were arranged, mainly different winter activities. Many also went to the Swedish mountains for skiing and outdoor life. Today, the winter break is held at different weeks in the country, from week 7 to week 10. Winter break in Kalmar County is week 8.