

About travelling and about "hålla i och hålla ut" (keep it uphold on)

The Swedish government has permitted travelling within Sweden and to some other countries, but make sure you know what rules apply. And continue protecting yourself and others from infection!

From June 13th travelling within Sweden has been allowed. However, the pandemic is not over and it is particularly important to continue being careful.

"Håll i och håll ut!" says the Public Health Agency. This means you need to *keep up* your responsibility, and you need to *hold on* a little longer.

Seeing people on vacation enjoying the sun makes it easy to forget the risk of infection. It almost feels like business as usual again. The pandemic, however, does not take vacation.

The beginning of June the situation was calm in Kalmar county, but now more people need hospital care. Nobody knows what the summer will bring. Stay responsible with "håll i och håll ut!"

"You need to make sure to keep physical distance to other people", says Ana Norlén, County Director of Civil Contingencies, "

and if anyone jostled you or gets too close, don't hesitate to tell them!"

According to Swedish laws regarding disease control everyone must help avoiding spreading infections. The Public Health Agency offers a lot of new advice:

- If possible, walk or bike. Use public transport only if you really must.

- If you need to use public transport try to choose trains or buses where you can book your seat. Make sure to follow regulations on your journey!

- Avoid large social gatherings. Postpone large christenings, weddings, funerals or other major get-togethers.

Special rules for beaches and camping grounds are on their way!

Travel abroad

UD, The Swedish Foreign Ministry, advises against travel outside the EU before August 31st. Among other things this means that your normal insurance policy may not cover if you must go despite warnings.

From June 30th it is possible to go to some countries in Europe. The list of countries can change quickly. The webpage UD.se has updated information (in Swedish).

Regulations for how to stay protected vary between countries.



Information sheets every other week

This information sheet comes from Kalmar County Crisis Collaboration. We intend to provide correct information from our county. During summer we will publish "Nytt om Corona" (Corona Update) every other week. If something dramatic happens it will be published more often.

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