

Stricter rules as the infection increases in the county

Now everyone must help preventing the infection from spreading even more.

The British variant of the Corona virus is increasing in Kalmar county. It spreads faster and easier than other variants. That's why we've got stricter rules again. They are valid from April 1 to May 16. Even young people are infected. They don't get as ill as older people, but they still spread the infection. Only when the rules are followed by everybody, the infection can be held down.

Upper secondary schools (gymnasierna) must have both online learning and regular teaching. In the primary schools there have to be even harder arrangements for preventing crowding. Use mask if you have to be where it is crowded. A new rule is that you should ALWAYS wear mask if you are travelling by bus or train. But wearing a mask only helps to a certain degree. It cannot be used instead of keeping a safe distance. It is complementary. Only use disposable, approved masks.

If you get sick, you must stay home and get tested. You can call your local health centre and order a test. Or order it at 1177.se. If you are sick, all people living with you must also stay at home.

More than one of five people (21,7 %) of all adults in Kalmar County are now vaccinated. When everyone is vaccinated things will get easier. Infection control doctor Lisa Labbé Sandelin asks everyone to hold out, just a little more.

New vaccination centres can get vaccination done faster

There are now two large vaccination centres in Kalmar County. One in Kalmar and one in Västervik. When there are vaccines, it is quick to vaccinate many people in a short time. But you still have to make an appointment and be the right age. When it is your turn, you can book an appointment at your local health centre or at the vaccination centres. Right now, only those who have received a letter (in Swedish) from the Region Kalmar County can book.

You should preferably book your vaccination on the website 1177.se, but you can also call your health centre. When everyone over the age of 60 is vaccinated, everyone else can book. Then no letter will be sent, instead, you will get information in ads and campaigns. You also get information in *News on Corona*.

Help the store – always shop alone

The stores may not let too many customers in at the same time. The County Administrative Board are checking that the stores follow the rules.

But customers must also help: ALWAYS shop alone! Of course, you can bring younger kids, but ask your friend or partner to wait outside

Join Språk-café online!

On Tuesdays, the libraries and Kompis Sverige arranges a digital language café. There you can practise or teach Swedish to others! This will replace the usual meetings for now.

You have to sign up. Then you get a link to the meeting which is on Zoom. You can join at your computer, mobile phone, or tablet.



Point the camera on your mobile phone at the QR-code. There you'll find information (only in Swedish).