

Information about covid-19, coronavirus.

Valid until further notice.

In order to delay the spread of the new coronavirus, it is important that we together help to protect the elderly and corona risk groups.

- **Stay at home if you feel sick** with sneeze, coughing or fever, even mild symptoms.
- **Over 70 years and risk group?** Restrict physically close contacts. Avoid shopping in stores such as pharmacies and grocery stores or staying in other places where people gather. Do not take public transport. As a family member, you should avoid meeting your old relatives unless absolutely necessary – and definitely not if you have symptoms yourself.
- **Everyone should avoid greater social contexts.**
- **Avoid unnecessary trips.** Think about whether the weekend trip is really necessary. This applies especially to trips to big cities, mountain resorts or other holiday destinations where many people gather.
- **Wash your hands** with soap and warm water frequently.
- **Do not make visits to elderly homes, housing for people with disabilities or hospitals.**

KEEP UPDATED

Current information from the municipality of Strömsund

► www.stromsund.se/corona

Do you need to get the digital information read out?

► Call: 0670-164 00 (monday–friday 9 am–12 am, 13–16 pm).

Current information from authorities

► www.krisinformation.se/en



Strömsunds
Kommun
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