

Information about covid-19, coronavirus

Valid until further notice.

Protect yourself and others from spread of infection – it is your responsibility!
Think about the following.



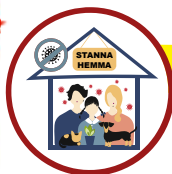
• Avoid crowding and keep your distance!

- Keep an arm's length distance from others both indoors and outdoors.
- Avoid participating in major social events such as parties, funerals, baptisms or weddings.
- Avoid unnecessary travel.



• Wash your hands frequently!

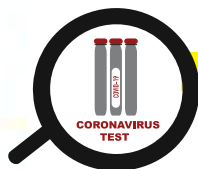
- Germs can easily get onto your hands and spread to others.
- Wash your hands with soap and warm water, for at least 20 seconds.
- Use hand sanitiser if soap and water are not available.



• Stay home when you feel symptoms!

- Stay at home – even if you only feel a little cold.

Common symptoms of covid-19 are cough, fever, shortness of breath, runny nose, nasal congestion, sore throat, headache, nausea, muscle and joint pain, abdominal cramps and diarrhea, inability to smell and taste.



• Always test yourself if you feel symptoms!

- Region Jämtland Härjedalen urges that everyone who feels the slightest symptoms of a cold should get tested.
- Do the test easily on your own, after you booked an appointment.
- The test is free, book an appointment at 1177.se



Scan the QR code to read current information from the municipality of Strömsund.

Do you want our digital information read out?

Call: 0670-164 00 (Monday–Friday 9 am–12 am, 1pm–4 pm).

Extra important when you are 70+ or in a risk group



Strömsunds
Kommun
Stræjmien tjelte