

## Information from County Medical Officer

There is a very high risk of infectivity of the coronavirus in Sweden. People with symptoms, even mild ones, should avoid social contact lest infecting other people. This applies to both professional life as well as private life.

- Stay at home as long as you are feeling sick. Wait at least two days after you are well before you go back to work or school.
- If you are over 70 years old you should limit your contact with other people as much as possible for some time. This applies even if you are feeling well.
- As a relative you should not visit older relatives if it is not necessary, even if you are feeling well.

### Common symptoms of covid-19

- coughing
- fever
- respiratory problems
- nasal Catarrh
- sore throat
- feeling of being sick

Most people who sicken only have a mild infection. In other instances some people could get severely sick with pneumonia and respiratory problems.

### This is how you avoid contagion

- If you are sick - stay at home. Cough and sneeze in the bend of your arm or in a tissue.
- Wash your hands often with soap and water, for at least 20 seconds. Avoid touching your eyes, nose and mouth.
- Avoid contact with sick people.