

# Protect yourself and others from spread of infection

Guidelines for seasonal workers in Blekinge county during the COVID-19 outbreak.

## Travel advice

- Foreign nationals have to present a negative COVID-19 test result. The test must have been conducted a maximum of 48 hours prior to arrival to Sweden.
- If you are a Swedish citizen or live in Sweden you have to get tested for COVID-19 upon entry, **and** on day five after arrival to Sweden after being abroad. Stay at home for at least seven days after arrival.
- The Swedish Government can impose an entry ban to Sweden and other precautionary measures that limit the possibility to travel to Sweden.

## General advice

The best way to protect yourself and others from infection is to avoid close contact (at least 2 meters) with people that you normally don't meet. General advice on avoiding infection is given below:

### Keep your distance and take personal responsibility

- stay home if you feel unwell
- watch for symptoms of COVID-19
- wash your hands often
- cough and sneeze into your elbow
- avoid touching your eyes, nose, and mouth
- shop groceries by yourself, not in company.

### Here are some common symptoms of COVID-19:

- cough
- fever
- sore throat
- runny or stuffy nose
- loss of smell or taste.

## Getting tested for COVID-19

Get tested if you have symptoms that could be caused by COVID-19 or if any of the following apply:

- You have been in contact with someone who has COVID-19.
- A doctor or nurse asks you to get tested.

The most common test is called a PCR test.

## Get a PCR test

- You have to get a PCR test if you suspect that you have COVID-19.
- You get the PCR test by contacting a health center. Your supervisor can help you get in contact with a health center nearby. You can also call Region Blekinge's switchboard at +46 455-73 10 00.
- It is important that you stay at home until you get your test results. Don't meet anyone outside your household.
- Tests for the purpose of travel certificates are not included in the state-funded testing that the regions have undertaken to carry out to identify cases of suspected COVID-19 infection. This means that anyone who needs to get tested for a trip should bear that cost themselves. There are many private actors issuing travel certificates and you will find information about these online.

## You have the right to be vaccinated against COVID-19

- If you're not registered in Blekinge, if you're staying here temporarily or if you don't have a Swedish social security number you are still eligible to get the vaccine against COVID-19 in Blekinge. The vaccination against COVID-19 is free.
- It is your own responsibility to contact a health center to book an appointment when it is your turn to be vaccinated. Your supervisor can help you get in contact with a health center nearby. You can also call Region Blekinge's switchboard at +46 455-73 10 00.

You should continue to follow the authorities' guidelines even after receiving the vaccination.

## If you have general questions about COVID-19 or need healthcare

- Call telephone number +46 8-123 680 00 if you have general questions about COVID-19 or the vaccination and wish to speak directly to those who answer in any of these languages: Amharic, Arabic, Bosnian, Croatian, Dari, English, Persian, Russian, Serbian, Somali, Spanish or Tigrinya. The telephone line is staffed Monday through Friday from 9am to 3pm.
- Call telephone number 113 13. You are offered to speak through an interpreter if needed. The telephone line is staffed 24 hours a day and is operated on commission by the Swedish government.
- Call telephone number 1177 if you or someone else gets ill and you need to talk to a nurse for advice on what to do or where to go for help. The nurses speak Swedish and English. Sometimes help in other languages might be available. Call telephone number +46 771-11 77 00 if you are calling from another country or if you have a phone with a foreign number.
- Call telephone number 112 if a person's life is in danger and you need help straight away. You are offered to speak through an interpreter if needed.

## Read more

- Information about COVID-19 from The public health agency, available in 30 different languages: <https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/om-covid-19-pa-olika-sprak/>
- Information about COVID-19 at 1177.se, available in 19 different languages: <https://www.1177.se/blekinge/om-covid-19-other-languages>