

## Stricter regional advice on covid-19 in Blekinge

The spread of infection in Blekinge has increased gradually since mid-September, as has the proportion of infected people in older age groups. The Blekinge Region and the Infection Control Physician in Blekinge (the authority) have therefore decided to introduce stricter regional advice to reduce the risk of the spread of covid-19 in Blekinge.

Consultations have taken place with the County Administrative Board of Blekinge and all five municipalities in the county. From 11 November 2020 to 30 November 2020, the following applies to everyone who lives or stays in Blekinge:

- Spend time only with the people you normally meet daily, your own family or people you live with. Do not attend parties, dinners, afterwork or other private events.
- Stay home. Travel nowhere unless absolutely necessary. Exceptions are travel to and from work, studies or health care.
- Work from home as much as possible.
- Employers are encouraged to offer and facilitate telework and postpone business trips, conferences and other physical meetings.
- Do not visit shopping malls, museums, bathhouses or gyms where there is a risk of overcrowding. Exceptions are necessary visits to grocery stores and pharmacies.
- Do not visit or participate in meetings, concerts, performances, sports training, matches or competitions. Exceptions are the practice of professional sports, and sports training for children born in 2005 or later. Exercise outdoors as far as possible.
- Do not travel by public transport at times when overcrowding may occur. Walk, cycle or travel with your own car instead.
- All businesses that receive customers or visitors are encouraged to minimize the number of people who are on site at the same time, adapt opening hours and offer digital alternatives to a physical visit.