

## English

# Together we keep the virus from spreading

If you are showing symptoms of COVID-19, such as fever, cough, sore throat, or a head cold, it is important for you to follow the Swedish Public Health Agency's recommendations. The same applies even if you only have mild symptoms.



### Stay at home

Stay at home and avoid contact with other people if you are feeling unwell. This applies to both children and adults. You must stay home from work, school, nursery school, and other activities.



### Get tested

If your symptoms do not pass within 24 hours, it is important for you to get tested. How and when you take a test varies depending on where you live.

Visit [1177.se/covid-19-prov](https://1177.se/covid-19-prov) for more information.



### Keep a distance from those you live with

It is important that you keep a distance from other people. Including those you live with. If possible, you should be in a separate room. Take extra care washing your hands before meals, when cooking, and after bathroom visits.

**For general questions on the novel coronavirus,**  
please call 08-123 680 00 or 113 13.

**For healthcare advice,**  
please call 1177.

At [krisinformation.se](https://krisinformation.se), you can read updated government information on the novel coronavirus in English.



Swedish Civil  
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