



Folkhälsomyndigheten

# Protect yourself and others from infection



## Wash your hands frequently!

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



## Cough and sneeze into your elbow!

By coughing and sneezing into your elbow or into a tissue you prevent droplets containing germs from spreading around you, or from contaminating your hands. Always put used tissue into the bin and wash your hands.



## Avoid touching your eyes, nose and mouth!

It can be hard not to touch your face, so wash your hands often with soap and water to get rid of germs.



## Stay at home when you feel unwell!

Stay at home when you feel unwell to avoid infecting others.



There are germs everywhere around us.

Practicing good hand hygiene is a simple way of protecting yourself and others.

The most common way of spreading infection is through our hands.



# If you are 70 or over – limit close contact with other people

If you are 70 or over, we recommend that you limit close contact with other people and stay at home as much as possible for a period of time.

The new COVID-19 virus has developed into a pandemic and is now spreading within Sweden. The experiences of China and Italy, where the virus has been spreading for a long time, show that people of 70 or over are an at-risk group.

It is very important that you protect yourself and others from being infected by COVID-19. By doing this, you will also be helping our medical services, which are going to be under great pressure.

## How to keep yourself healthy

We are urging people who are 70 or over to limit close contact with other people to avoid infection. You should stop using public transport and shops and stop going to places where there are lots of other people. Ask your family or neighbours to help with your food shopping or other errands.

## How to avoid infecting others

If you are unwell, even if you only have mild symptoms, you must stay at home so that you can look after yourself and avoid infecting others. Avoid close contact with other people when you are unwell.

### Important telephone numbers

For general questions about COVID-19, call 113 13.

For medical advice, visit Vårdguiden healthcare guide at [www.1177.se](http://www.1177.se) or call 1177; the line is open 24 hours a day.

If you feel worried, call the Äldrelinjen helpline for older people: +46 (0)20-22 22 33. Monday to Friday 0800-19.00, weekends 10.00-16.00.

## How to help our medical services

Limiting close contact with other people will mean that fewer people will fall ill, which will reduce pressure on medical services. If everyone helps by doing this, we will be supporting our medical services, which are going to have a heavy workload for a limited period of time.

COVID-19 makes people feel generally unwell with one or more of the following symptoms:

- a cough
- a high temperature/fever
- shortness of breath
- cold symptoms
- a sore throat
- a headache
- aching muscles or joints
- nausea

## Keep strong – this will pass

It is normal to feel worried, uncertain, and lonely if you are having to stay away from other people.

You can help yourself feel better by doing things such as going out for walks, talking to your friends and family by phone, and keeping in touch via your computer or on social media.

These restrictions on close contact with other people will be in place for a set period of time. Try to keep yourself occupied with things you enjoy doing.

### At-risk groups

Studies relating to the COVID-19 outbreak show that the main risk factor is older age. This means that if you are 70 or over, you are in an at-risk group.

Severe cases more often involve older people who also have other conditions, such as high blood pressure, cardiovascular disease, pulmonary diseases, or diabetes.



# About the new coronavirus and the disease COVID-19

Since December 2019, a new coronavirus is spreading globally. COVID-19 is the disease caused by the new virus.

## Most people experience mild illness

Most people experience mild symptoms such as cough and fever that will disappear on their own, but some people develop more severe illness with breathing difficulty and pneumonia.

The virus spreads through close contact with an infected person or through respiratory droplets when an infected person coughs or sneezes.

The symptoms are often mild and usually they develop about five days after exposure to the virus, but symptoms may appear earlier or later than five days.

## COVID-19 causes a general feeling of illness with one or more of the following symptoms:

- cough
- fever
- shortness of breath
- runny nose
- sore throat
- headache
- aching muscles or joints
- nausea.

## Older people may develop more severe illness

Some people develop more severe symptoms, such as difficulty breathing and pneumonia.

Most of those who develop severe illness are people older than 80 years of age. People with chronic heart or lung disease and people who have cancer are at higher risk of developing severe illness.

## Seven ways to protect yourself and others:

1. Stay home if you are ill or have mild symptoms of disease such as sore throat, cough, or runny nose. Stay home for at least 48 hours after you have recovered.
2. Wash your hands often with soap and warm water for at least 20 seconds.
3. Use hand sanitiser if soap and water are not available.
4. Avoid close contact with people who are ill.
5. Avoid touching your eyes, nose and mouth.
6. Cough and sneeze into your elbow or into a tissue.
7. Do not visit older people if you have symptoms of illness.

## Important telephone numbers

- Call 113 13 for general questions about COVID-19.
- If you are unable to care for yourself at home, please call 1177 for healthcare advice.
- For life-threatening situations, call 112.

**Current information**  
and answers to frequently  
asked questions:  
[www.folkhalsomyndigheten.se/  
covid-19](http://www.folkhalsomyndigheten.se/covid-19)

