

Thank you for taking care of yourself and others! ❤️

Covid-19 is an infectious disease reminiscent of colds or flu, with a fever and cough. Most people do not become very ill, but some become seriously ill and need care in hospital. It is important that we are helped to follow the advice of the authorities, so as to reduce the spread of infection and the burden on the healthcare system.

You can find important information in both English and other languages on our website www.norrkoping.se

Hi!

- Stay at home as long as you feel ill. Then wait at least two days after you feel well again and free of symptoms before going back to work or school.
- **Wash your hands often**, sneeze into your elbow, avoid unnecessary travel, keep a distance in queues, avoid parties and crowds.
- It's good to be out in the fresh air, feel free to take a walk. But **keep a distance** of 1-2 metres away from people around you both outdoors and indoors.
- **Respect the ban on visits** and completely avoid visiting those aged over 70 and at risk. Telephone and keep in touch, help with shopping, do errands and get medicines.
- Children who are healthy **should go to school and preschool**. In case of symptoms, children must stay at home until they are well again, plus two more symptom-free days.
- **Do you feel anxious and want to talk to someone?** Then you can call the contact centre on 011-15 00 00. They can help you contact knowledgeable and trained staff about whatever it is you need to talk about. You can stay anonymous if you wish.
- When everyday life returns again, we want to be able to enjoy our living community. Support Norrköping's local businesses **#stöttannorrköping** which are currently going through a tough time. Offers can be found at www.letscreate.norrkoping.se

Together, we're slowing down the spread of infection. Thank you for showing consideration!

Warm greetings from Norrköping municipality



www.norrkoping.se • telephone 011-15 00 00



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