

Tightening of guidelines to reduce the spread of COVID-19 infection in Kronoberg

The rate of COVID-19 infection is increasing rapidly in Kronoberg. The Public Health Agency of Sweden, along with Region Kronoberg's infection control practitioners, have therefore decided to tighten the guidelines for people living in or visiting Kronoberg. These tightened guidelines apply until 26 November, although they may be extended. The guidelines apply to people living in and visiting Kronoberg.

Tightening of guidelines in Kronoberg

Each of us should take responsibility for helping to reduce the spread of infection by following the guidelines that apply in Kronoberg:

Avoid spending time in an indoor environment where there is a risk of crowding – for example, shops, shopping centres, museums, libraries, public baths and gyms.

- You can still visit a shop if you need to – for example, a pharmacy or grocery store. If you need to go shopping, do it at times when the shop is not busy and keep your distance from others.
- Avoid environments and places where many people gather at the same time, such as libraries, sports facilities, gyms and public baths. Avoid using galleries, libraries and the like as a meeting place.

Consider other options for training and exercise. This does not apply to exercise warranted from a medical point of view.

Avoid taking part in meetings, concerts, shows, sport training sessions, matches and competitions.

- Avoid events where many people gather at the same time, whether indoors or outdoors. The risk of spreading infection increases in these situations, and there is also risk involved in travelling to and from events of this kind.
- Anyone over the age of 15 is advised against performing all forms of sporting activity. Only elite athletes and students at sports high schools are exempt from this. Children and adolescents at primary and lower secondary schools can continue training for their sport.
- Everyone, irrespective of age, is advised against arranging or taking part in sporting contests and cups, which involve many people meeting and which necessitate travel. Elite athletes are exempt from this.

In conjunction with the decision to introduce tightened guidelines, the Kronoberg County Administrative Board has decided to reinstate the ban on meetings and events aimed at the general public where more than fifty people are gathered.

Avoid physical contact with anyone other than those with whom you live and your closest relatives.

- *Physical contacts* are the people you meet and who are at a distance of 1–1.5 metres, and where the actual meeting (contact) lasts for more than 15 minutes.
- Essential close contacts, for example healthcare appointments and medical examinations, are not covered by the guidelines.
- Avoid any activities that cannot be performed without physical distance to other people. This includes, for example, private events such as socialising after work, celebrations, weddings, parties, dinners, as well as health and beauty treatments that are not warranted on medical grounds.

All businesses in Kronoberg are urged to take measures to ensure that everyone is able to follow the general guidelines.

- This may mean limiting the number of visitors at any one time, adjusting opening hours and the business offering digital alternatives.

All employers in Kronoberg are urged to take measures to ensure that employees are able to follow the general guidelines.

- This may mean encouraging staff to work from home, offering increased opportunities to work from home and postponing business travel, conferences and other physical meetings.

How to reduce the spread of infection and avoid catching COVID-19

- Stay at home if you have symptoms, even if your symptoms are mild. Get a test for Coronavirus if the symptoms last for more than 24 hours.
- Wash your hands frequently and thoroughly using soap and water. You can use hand sanitiser if you do not have access to soap and water.
- Try to avoid touching your face or eyes.
- Protect the elderly and those in high-risk groups.
- Follow the guidelines and keep your distance from others.