

# This is how you can protect yourself and others from the coronavirus (Covid-19)

- Wash your hands often with warm water and soap.
- Cough and sneeze in your flexed elbow.
- Avoid touching your eyes, nose and mouth.
- Stay home if you feel at all ill, to avoid infecting others. Wait at least two days after your recovery before you go back to your workplace or school.
- It is particularly important not to infect the elderly. Do not visit residential care homes or hospitals if it is not absolutely necessary.



Most people do not need to contact the healthcare services. More information can be found on the [1177.se](https://www.1177.se) website and via the Public Health Agency or at [Krisinformation.se](https://www.krisinformation.se), where you can find answers to general questions about Covid-19 (in Swedish and English).

**REMEMBER TO TAKE CARE OF EACH OTHER. OFFER TO HELP, FOR EXAMPLE, ELDERLY NEIGHBOURS/RELATIVES BY RUNNING ERRANDS FOR THEM.**