

Messages from the authorities 15th of March

In order to slow down the spread of the coronavirus, it is important for everyone to take responsibility. This is made sure by taking the following considerations:

- stay at home if you are feeling ill with symptoms such as nasal congestion, respiratory infection, coughing, or fever, even with mild symptoms
- avoid unnecessary visits to hospitals or homes for the elderly. Do not visit at all if you feel ill
- wash your hands often with hot water and soap.

Since many countries have applied travel restrictions, Swedish Ministry of Foreign Affairs discourage from non-essential travels to all countries.

If you have any questions regarding coronavirus go to [krisinformation.se](https://www.krisinformation.se), where you will find official and verified information from the authorities.

Public Health Agency of Sweden, Swedish Civil Contingencies Agency, The Ministry for Foreign Affairs, National Board of Health and Welfare