

Information about the Coronavirus 2019-nCoV

Since December 2019 a new coronavirus has been spreading in large part of the world. The illness that the coronavirus causes has been named covid-19. Most people become mildly ill with respiratory symptoms that will pass by themselves, but some will be more seriously affected with illnesses such as pneumonia. The virus is transmitted by direct contact with a sick person or when this person is coughing or sneezing, so called droplet infection. You have a high risk of being infected if you have been in an area where the disease has been spreading or have been in close contact with someone who is infected with the coronavirus.

The authorities in Sweden is now urging people with symptoms of respiratory infections, even mild ones, to restrain from social contacts that risk spreading the infection. Therefore it is important that if you feel ill with symptoms such as a cold, coughing or a fever you should try to avoid meeting other people. Do not go to work, school or preschool. This applies even if you are feeling only a little bit sick. It is important not to risk infecting others.

Precautions:

As always when there is a risk of getting infected it is important to take care of your personal hygiene. You should therefore follow the current precautions that exist to prevent spreading infections, which is to:

- Cough and sneeze in the bend of the arm
- Wash hands with soap and water
- Use hand sanitiser
- Avoid contact with people who may be infected

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