Stay home if you are ill

Together we are doing everything to minimise the spread of the coronavirus

The novel coronavirus can cause the disease covid-19, which is similar to the common cold or the flu. Most people who show symptoms do not feel particularly unwell, but for older people and those with underlying conditions, the disease can be very serious. Covid-19 is most commonly spread when someone who has the disease coughs or sneezes.

Stay home if you are ill

If you have a fever, a cough, a runny nose or a sore throat, you are to stay home and avoid contact with anyone other than those you live with. Even if you feel only mildly unwell, you are to stay home. Stay home until you are fully recovered plus two more days.
This is to avoid infecting others.

Protect the elderly and the seriously ill

Older people have a greater risk of becoming seriously ill. This is also true of people with severe illnesses. As such, it is important to avoid coming into contact with or visiting them. Call instead.

What can you do to avoid falling ill?

- Wash your hands often and thoroughly with soap and water. Use hand sanitiser if you do not have soap and water.
- Try to avoid touching your eyes, nose and mouth.
- Keep a distance from people who are coughing and sneezing and avoid shaking hands with them.

When and where should you seek medical assistance?

Most people who catch covid-19 do not need to seek medical assistance as the symptoms usually clear up on their own. Call 1177 if your condition worsens greatly or if you develop breathing difficulties even when at rest. A nurse will then guide you to the appropriate care at the appropriate place. Always call 112 for life-threatening conditions.

The healthcare advice line is offered in the following languages:

- English – call 1177 around the clock
- Finnish – call 1177 weekdays 8 am–12 noon
- Arabic – call 08-123 130 80 every day 8 am–10 pm
- Somali – call 08-123 130 90 weekdays 8 am–5 pm
- Persian – call 08-123 130 87 weekdays 8 am–5 pm

More information can be found at 1177.se/stockholm and if you have general questions about covid-19, you can call 113 13.