



## Stricter general recommendations

The number of cases of Covid-19 has increased sharply in the county of Värmland. As a result, stricter general recommendations are being introduced from today to reduce the spread of Covid-19 in these counties. The recommendations will initially apply up to and including 10 December 2020 but may be extended.

### People in the counties of Värmland are being encouraged to do the following:

Refrain from making unnecessary trips. Travelling can contribute to increasing the spread of infection as you often meet new people. These recommendations do not include travel to work, studies/employment or healthcare appointments that require you to be on site.

If possible, avoid physical contact with people other than those with whom they live. This means, among other things, refraining from arranging or attending parties and similar social gatherings. Certain types of activities should also be avoided if they are impossible to carry out with physically distancing from other people, such as contact sports, health or beauty treatments that are not medically justifiable.

Refrain from visits to indoor settings such as shops, shopping centres, museums, libraries, swimming pools and gyms. Necessary visits to grocery stores and pharmacies are allowed.

Refrain from participating in gatherings such as meetings, concerts, performances, sports training, matches and competitions. However, this does not apply to sports training for children and young people born in 2005 or later.

Necessary close contact is allowed, for example during healthcare visits and medical examinations. However, anyone with possible Covid-19 symptoms should avoid any close contact with other people.

### Stricter general recommendations for workplaces and businesses

Businesses and employers should take measures to ensure that everyone can follow the stricter general recommendations. Measures employers take may include encouraging personnel to work from home, offering more opportunities for remote work and postponing business travel, conferences and other physical meetings. Other businesses may take measures to minimize the number of concurrent visitors they have, adjust opening times and offer digital alternatives.

