

Information about respiratory infections, especially important if the new Coronavirus (2019-nCoV) comes to our region.



Wash your hands often

Wash away respiratory virus that easily attach to fingers, surfaces and door handles, and that can spread when you shake hands. Use soap and water!



Cough and sneeze in to the bend of your arm

Cover your nose and mouth with flexed elbow or with a tissue that you immediately dispose of in to the trash. Avoid covering your mouth with your hand when you sneeze or cough.



If you're ill, stay at home

Stay at home if you are ill, so that you don't spread respiratory virus further at school/work. Contact the health care by phone instead of going directly to a waiting room where respiratory virus easily spread.



If you have been travelling

If you have been in an area with current spread of disease during the last 14 days and experience respiratory symptoms such as cough, difficulty breathing or fever, call 1177 to obtain health advice.



Do you have questions?

To see the latest updates at Folkhälsomyndigheten please scan the QR-code included in this document.



Further information

If you need further information please contact the school nurse at your school: Cecilia Wernersson, Medically responsible, school nurse, Swante Friberg, school physician and Stefan Regebro, Operations manager.