

The Public Health Agency of Sweden

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The Public Health Agency of Sweden's regulations and general guidelines relating to everyone's responsibility to prevent COVID-19 infections

These regulations enter into force on 14 December 2020 and shall remain valid until 30 June 2021.

Personal responsibility

You are obliged to take precautionary measures to protect yourself and others from the spread of COVID-19. You should think about how you can avoid getting infected and how can avoid infecting others. You should show consideration for your fellow human beings. This is especially important in relation to vulnerable persons.

Basic precautionary measures

In order to avoid the spread of COVID-19, you should:

1. Stay at home if you have any symptoms of COVID-19.

2. Wash your hands frequently and thoroughly, or use hand sanitiser.
3. Stay up-to-date with any specific recommendations issued by the Public Health Agency of Sweden and the regional medical officer.

Limit any new close contacts

You should limit your new close contacts by only mixing with the people whom you usually meet. For example, this can include the people you live together with or a small number of friends or people from outside your household.

If you meet people other than those in your smaller circle, you should all:

1. Avoid being in close proximity to one another, especially in confined spaces for extended periods of time.
2. Seek to mix outdoors where possible.

Maintain your distance from others and avoid crowded settings

You should keep your distance from other people. It is especially important when spending a longer period of time with someone and when you are indoors.

You should avoid locations such as shops, shopping centres and public transport if they are crowded. If at all possible, you should shop alone and should not stay in places such as shops for any longer than is necessary.

Work from home as often as this is possible

Whenever possible, you should agree with your employer to work from home. If possible, you should also adjust your working hours in order to avoid crowding on public transport and at your place of work.

When you are at your place of work, you should maintain a distance from others in settings such as meetings, break rooms and changing rooms.

Ensure that you travel in a way that minimises the risk of infection

You should ensure that you travel in a way that minimises the risk of infection. This may mean that you have to use alternative modes of transport to public transport and other forms of transport where seating reservations are not available. This could include walking, cycling or travelling by car.

In the case of longer journeys, this may mean that you:

1. Avoid meeting new contacts during your journey and at your destination.
2. Can ensure that you are able to isolate at your destination or make your way home in a manner that is secure from an infection control perspective in the event that you develop COVID-19 symptoms.

Face masks on public transport for people born in 2004 or earlier

On working weekdays between 7:00–9:00 and 16:00–18:00, you should wear a face mask when travelling on public transport where a seat reservation is not offered.

Engage in sporting and leisure activities in a way that minimises the risk of infection

Sporting and leisure activities are vital for public health. However, you should ensure that you engage in such activities in a way that minimises the risk of infection. In order to enable persons born in 2001 or earlier to play sports or take part in other leisure activities in such a manner, they should:

1. Maintain a distance from one another.

2. Avoid sharing equipment with each other.
3. Engage in the activity outdoors when this is possible.
4. Avoid communal changing rooms.
5. Travel separately to and from the activity.
6. Engage in the activity in smaller groups.

These guidelines do not apply to persons engaging in professional sport or children and young people born in 2002 or later.

Responsibility of all organisations

All organisations in Sweden must ensure that they implement suitable measures to avoid the spread of COVID-19. It is particularly important to take into account vulnerable persons.

All organisations

Measures to avoid the spread of COVID-19 may include the organisation:

1. Displaying information for its members, staff, customers, etc.
2. Marking out distances on the floor.
3. Refurbishing or otherwise creating space to avoid crowding.
4. Offering digital alternatives.
5. Offering facilities for hand washing with soap and water, or offering hand sanitiser.
6. Deciding on a maximum number of people that may be present in the room at one time.

7. Adjusting their opening hours

Workplaces

All workplaces should adopt measures to enable their employees to adhere to these regulations and general guidelines. Such measures may include:

1. Encouraging staff to work from home when this is possible and offering to facilitate this.
2. Using digital alternatives or postponing business travel, conferences and similar events.
3. Offering employees the opportunity to maintain a distance from one another, for example during meetings, in break rooms and in changing rooms.
4. Offering employees the opportunity to regularly wash their hands with soap and water, or to use hand sanitiser.

Adult education

Municipal adult education, higher education institutions and others who offer adult courses of education should, in addition to the guidelines applicable to workplaces, also offer distance learning when this is possible and when the person responsible deems this to be appropriate based on the needs of the students.

This advice does not apply to any forms of education other than municipal adult education as defined by the Education Act (2010:800).

Public transport

In order to avoid the spread of COVID-19 on public transport, organisations should:

1. Ensure that sufficient services are offered to minimise the risk of crowding.
2. Limit the number of passengers per vehicle.
3. Inform their passengers about how they can minimise the risk of spreading the infection.

Clubs etc.

In order to avoid the spread of COVID-19, clubs and others forms of associations should:

1. Postpone annual general meetings and association meetings if at all possible, or otherwise holding them digitally.
2. Avoid all other meetings or hold these digitally.

Sporting, cultural and leisure clubs

In order to avoid the spread of COVID-19, clubs engaged in sports, culture and leisure activities should:

1. Hold training sessions and other activities outdoors wherever this is possible.
2. Minimise the number of people present at the same time or otherwise avoid crowding.
3. Refrain from organising or participating in camps, matches, cups or other competitions - with the exception of professional sports or one-off competitions or matches aimed at children born in 2005 or later.

Medical officers may propose that the Public Health Agency of Sweden introduce general guidelines at a local level to temporarily counteract the local or regional spread of COVID-19.

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The Public Health Agency of Sweden is an expert authority with responsibility for public health issues at a national level. The Agency develops and supports activities to promote health, prevent illness and improve preparedness for health threats. Our vision statement: a public health that strengthens the positive development of society.

