



This is how the restrictions will be lifted

The government has developed a plan for how to reduce the restrictions that have been introduced during the pandemic. The downsizing must take place step by step and on the basis of a preliminary schedule, which may change. Here are examples of changes at different stages.

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Step 1 - June 1st

- New [participation ceilings](#) for public gatherings and public events. This includes services, theater performances and football matches.
- Opening hours for restaurants and other restaurants are extended to 22.30. A maximum of four people per table and at least one meter distance between the parties still apply.
- It is possible to participate in camps, [cups, matches and sports competitions](#) on a smaller scale.
- Exercise races and the like with a maximum of 150 who participate at the same time can be carried out.
- When it comes to private meetings, parties and dinners, the Public Health Agency still recommends contact with a smaller, close circle. A maximum of 8 people still applies to a private party in a rented room.
- It will be possible to visit amusement parks and markets to a greater extent. Requirements for infection control measures remain with the person responsible for the business.

- Adults who study at, for example, college, university, folk high school or municipal adult can gradually return to teaching on site.
- The rule of one person per party at restaurants that are part of a trading place or mall is removed.
- The regulation of gym and sports facilities, bathhouses and shopping malls, etc. with a maximum number of visitors calculated on the surface remains. The maximum number of 500 people, which applies to the largest facilities, is reimbursed with a requirement for a special risk assessment.

Read more at the Public Health Agency: [So many participants can be at various gatherings from 1 June](#)

Step 2 - around July 1st

- Raised participation ceilings for public gatherings and public events.
- The Public Health Agency's advice to associations for culture and leisure is removed. This applies to such things as holding exercises and activities outdoors, advice on avoiding congestion, etc.
- The opening hours of the restaurants are further extended.
- Rules on the maximum number per party and distance between parties are removed for outdoor restaurants.
- The advice to only hang out with a small, close circle is removed. But the call remains that it is better to meet outdoors.
- Meetings and meetings of associations can take place, but also in the future without congestion.
- The participation ceiling for private parties in rented premises is raised to a maximum of 50 people.

Step 3 - preliminary July 15

- Rules on a limited number of passengers for long-distance public transport will be removed.
- Rules that require a certain number of square meters of space per person in indoor and outdoor environments are removed. But congestion should be avoided.
- Rules on a certain number of square meters per person for trading places etc. are removed. But congestion should be avoided.
- Advice on mouth protection in public transport is removed.

Step 4 - preliminary September

- Attendance ceilings for public gatherings and public events are removed.
- Some special regulations of, for example, large public gatherings and public events indoors and outdoors may still be needed in the future.
- Attendance ceilings for private gatherings in rented premises are removed.
- Rules on the maximum number per party and distance between parties are removed for indoor restaurants.
- Concerts are allowed at indoor cafeterias.

Step 5 - not timed

- Remaining restrictions are removed. Applies to, among other things, congestion rules for shopping malls and cultural and leisure activities. Also applies to the assignment that people who work in certain government agencies must work from home as far as possible.
- The advice to stay home in case of symptoms remains. The Council will be removed as soon as the epidemiological situation allows.

[Read about more changes in the Government's memorandum on the abolition of restrictions](#)

[The Government's plan for the abolition of restrictions](#)

[Public Health Agency: Adaptation of measures against the spread of covid-19](#)

Sources: Government, Public Health Agency

The downsizing follows the development of the pandemic

The government has developed a plan for the abolition of restrictions in five steps. The plan is based on the Swedish Public Health Agency's description of the development of the pandemic, which the agency has divided into three levels.

The Public Health Agency's three levels in brief:

Level 3 = High level of spread of infection, high burden on healthcare, lower vaccination rate in the population.

Level 2 = Lower levels of spread of infection and burden on healthcare. More than 50% of the population over the age of 18 have received at least one dose of vaccine

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Level 1 = Even lower levels of the spread of infection and the burden on healthcare. More than 70% of the population over the age of 18 have received at least one dose of vaccine.

At level 3, step 1 of the Government's plan for the abolition of restrictions begins.

At level 2, step 2 begins, followed by step 3.

At level 1, step 4 begins, followed by step 5.

Read more about how the Swedish Public Health Agency assesses what level Sweden is at [here](#)



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