Current rules and recommendations

Here you will find a summary of the advice and recommendations that are in effect at the moment because of Covid-19. In the summary, we have selected the advice and recommendations that affect you as an individual.

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Covid-19 and contact tracing
Covid-19 is no longer classified as generally dangerous. However, infection tracing will still take place in in-patient care where there are people at high risk of becoming seriously ill.

Advice and recommendations

Stay home if you are ill and have symptoms of Covid-19
Stay home and avoid close contact with others if you are ill with symptoms of Covid-19.

Vaccination
People over 50 and people in risk groups are recommended to get vaccinated.

Special advice to those not vaccinated
Adults who are not vaccinated should be particularly careful. Those who are not vaccinated and belong to a medical risk group, run a higher risk of getting seriously ill with Covid-19. The risk of serious illness increases with age.