

## If you catch Covid-19

**Most of those infected with the corona virus don't realize, but some people are ill and in need of care.**

Most people who catch Covid -19 hardly realize. Maybe there is a little cough or a little temperature. Others are very ill and need to be hospitalized.

If you only have a few symptoms you can call 1177 or your local health center. Usually they will recommend staying at home until you are well. Once you are better you need to stay home two more days.

It is important to phone before going to your health clinic or hospital. Special routines must be followed when taking care of someone who may have Covid-19. This is important in order to avoid spreading the disease.

If you are very ill with breathing problems you should phone 112 and ask for an ambulance. Ambulance staff is equipped with protective clothing. Only the individual who is ill is allowed in the ambulance.

In our region the hospitals in Kalmar and Västervik accept patients with Covid -19. It is important we don't infect one another. Therefore hospitals do not allow visits.

Hospital employees in our county work hard and they need to help one another to endure. More nurses and assistant nurses would be needed to ease their situation and allow them some summer vacation.

Earlier there was a lack of protective equipment in hospitals and nursing homes, but this situation is less urgent now.

- Currently we have the protective equipment we need for hospital staff and patients, says Martin Olsson, director of Kalmar County Region services (Region Kalmar län – Regionservice). We are working to stock up more equipment in case of a future outbreak in sick numbers.

Many more may be infected in the county, but hospitals and municipalities are prepared. There is a capacity to take care of everyone in need of treatment.

### Facts

“Covid -19” refers to the disease you can catch when infected with the Corona virus.



Kalmar County Crisis Reduction Collaboration is a co-operation between the municipalities in the county, Kalmar County Region Board, the Kalmar County Administration and other authorities in the region.



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