

## Stricter rules from the 10th of November - when infection increases in Kalmar County

**Avoid participating in events and don't visit shopping malls or other public spaces – these are a few pieces of the stricter rules that will apply in Kalmar County the 10th of November.**

The situation considering the Corona virus has now got worse throughout the world. The virus is rapidly spreading in many countries. In Sweden, the Public Health Agency is closely following the infection within the counties, and together with the regional infection control physician they now establish local general advice.

Now, there is a high rate of infected persons in Kalmar county, and from the 10th of November restrictions are implemented throughout the county.

That means that we have to be even more careful and follow even stricter rules.

**On November 10th, everyone staying in Kalmar county is requested to:**

Avoid indoor public spaces such as shops, shopping centres/malls, museums, libraries, swimming pools and gyms. However, when necessary it's still allowed to visit for example grocery stores and pharmacies.

Avoid participating in events such as meetings, concerts, performances, and any

form of sporting events. This does not apply to sporting events for children and adolescents born in 2005 or later.

If possible, avoid social contacts with people other than those you live with. This also means that you should avoid organizing or participating in parties and other private social events. These restrictions do not apply to necessary contacts, such as medical appointments or examinations.

However, it is essential to keep in mind, that anyone with symptoms that may indicate Corona (covid-19), should avoid all contacts with other people.

**These rules apply until the 8th of December**

”Now the cases of infection are dramatically increasing, day by day. We have to go all in right now. Do not gather in groups. Reduce social contacts to a minimum. The situation is serious, and if you have not understood it before, it's time understand it now!”, says Ana Norlén, emergency director at the Kalmar County Administrative Board

### Common symptoms of Corona (covid-19)

- Cough
- Fever
- Shortness of breath
- Runny or stuffy nose
- Sore throat
- Headache
- Nausea
- Fatigue
- Pain in joints and muscles

Some people can get a stomach ache or diarrhea, others may get a rash. Losing the ability to smell and feel taste is also common.