



Starting 10 November, everyone located in Västerbotten County is urged to:

If possible avoid physical contact with people other than those you live with. This means among other things that you are urged not to arrange or attend parties or similar social events. You should also avoid certain types of activity if they cannot be carried out at a physical distance from others, such as contact sports, health or beauty care treatments that are not medically motivated. This advice does not apply to necessary close contact, for example visits to healthcare facilities and medical examinations.

Avoid being in indoor environments such as shops, shopping centres, museums, libraries, indoor swimming pools and gyms. Necessary visits, for example to food shops and pharmacies may take place.

Avoid taking part in for example meetings, concerts, shows, sports training, matches and competitions. However, this does not apply to sports training for children and young people born in or after the year 2005.

Avoid making unnecessary journeys. Journeys within or between regions can contribute to an increased rate of infection, since one often meets new people, which leads to the start of new infection chains. One should therefore, as far as possible, avoid such journeys. This advice is not intended to stop people from for example getting to work, studies/employment or care interventions that you need to attend in person.



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