

Important Information about the Coronavirus

The Corona contagion can be found throughout the entirety of Borlänge, and we need to help each other to minimize the spread of the infection. Those who are the most vulnerable are persons over 70 years old, and those who have a pre-existing illness, it is primarily those that we need to care for. We beg every citizen of Borlänge for help - even those who are young, healthy, and not in the least bit worried of getting infected— to show consideration. Together we can limit the spread of the contagion.



Stay at home if you are ill

If you are ill, even with mild symptoms, you should stay at home
This also applies to your children.



Do not visit the elderly or those who are sick

Elderly persons and those who have pre-existing diseases are extra vulnerable.
Do not visit them for the moment, but feel free to keep in touch by other means.



Keep your distance from other people

Maintain a distance of about two meters from other people. Avoid hugging those that you don't share a household with. Be extra mindful about the distance when you visit a gym, a store, go on the bus, or visit other public places.



Cough and sneeze in the sleeve of your arm

You can infect someone just by coughing or sneezing, protect others by coughing and sneezing in the sleeve of your arm.



Wash your hands regularly

Wash your hands several times each day—and especially when you have handled things in a public place. Each time you need to wash with soap and water for at least 20 seconds.



Don't travel unless necessary

There are different levels of contagion throughout the country. Traveling increases the chance of transmitting the contagion, or to be infected yourself. Don't travel unless it is absolutely necessary.



Shop as few times as possible

Plan your shopping, so that you don't have to visit the stores as often. You can also order pre-packaged goods from many stores - this is an excellent way of reducing the risk of spreading the infection. You may also request help with errands by calling 0243-740 00.



Concerns/Questions 113 13 · When sick: 1177 · Medical emergencies: 112 · The Municipality of Borlänge: 0243-740 00



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