

# Help slow down the corona infection!

A new coronavirus is spreading throughout the world. The virus causes a disease called covid-19. The disease is often reminiscent of a common cold or flu.

Most people who get the disease are only mildly ill.

Advice to protect yourself and others from being infected:

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- If you do not have the opportunity to wash your hands – use alcohol-based hand rub.
- Do not touch your eyes, nose or mouth.
- Cough and sneeze into the bend of your elbow.
- Avoid close contact with sick people.
- Avoid meeting other people if you are ill or if you feel mild cold symptoms.

More information about the coronavirus and covid-19:

- Find information at [krisinformation.se](https://www.krisinformation.se).
- If you cannot find information on [krisinformation.se](https://www.krisinformation.se), you can call 113 13.
- If you need personalized medical advice, call 1177.
- You can find information on how the corona virus affects the Migration Agency's operations at [migrationsverket.se](https://www.migrationsverket.se).