



När det gäller Corona-viruset (COVID-19) vill vi från Smålandshamnars AB att besättningsmedlemmar med förkylningssymtom hålls inomhus under tiden vi arbetar ombord med vår personal och följer strikta Corona-regler om hygien.

Regarding the Corona virus (COVID-19), we want from Smålandshamnars AB that crew members with cold symptoms are kept indoors during the time we work on board with our staff and follow strict Corona rules regarding hygiene.

[https://www.folkhalsomyndigheten.se/contentassets/5415b804c8ac494e8abfd1b663e978da/faktabl
ad-covid-19-engelska.pdf](https://www.folkhalsomyndigheten.se/contentassets/5415b804c8ac494e8abfd1b663e978da/faktabl
ad-covid-19-engelska.pdf)

Vänliga hälsningar/Best regards

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About the new coronavirus and the disease COVID-19

Since December 2019, a new coronavirus is spreading globally. COVID-19 is the disease caused by the new virus.

Most people experience mild illness

Most people experience mild symptoms such as cough and fever that will disappear on their own, but some people develop more severe illness with breathing difficulty and pneumonia.

The virus spreads through close contact with an infected person or through respiratory droplets when an infected person coughs or sneezes.

The symptoms are often mild and usually they develop about five days after exposure to the virus, but symptoms may appear earlier or later than five days.

COVID-19 causes a general feeling of illness with one or more of the following symptoms:

- cough
- fever
- shortness of breath
- runny nose
- sore throat
- headache
- aching muscles or joints
- nausea.

Older people may develop more severe illness

Some people develop more severe symptoms, such as difficulty breathing and pneumonia.

Most of those who develop severe illness are people older than 80 years of age. People with chronic heart or lung disease and people who have cancer are at higher risk of developing severe illness.

Seven ways to protect yourself and others:

1. Stay home if you are ill or have mild symptoms of disease such as sore throat, cough, or runny nose. Stay home for at least 48 hours after you have recovered.
2. Wash your hands often with soap and warm water for at least 20 seconds.
3. Use hand sanitiser if soap and water are not available.
4. Avoid close contact with people who are ill.
5. Avoid touching your eyes, nose and mouth.
6. Cough and sneeze into your elbow or into a tissue.
7. Do not visit older people if you have symptoms of illness.

Important telephone numbers

- Call 113 13 for general questions about COVID-19.
- If you are unable to care for yourself at home, please call 1177 for healthcare advice.
- For life-threatening situations, call 112.

Current information and answers to frequently asked questions:
www.folkhalsomyndigheten.se/covid-19

