The coronavirus is spread through close contact with an infected person. Infected people can infect others as soon as they start feeling ill. Those who are infected can have a runny nose, cough, fever or sore throat.

**How you can avoid infection**
- Keep a distance from other people, preferably 2 metres whenever you can.
- Wash your hands often with soap and water.
- Cough and sneeze into your elbow.
- Do not touch your face (eyes, nose, mouth).
- Stay home if you are ill. Even if you only feel slightly unwell.

**Healthcare advice line**
- Swedish and English – call 1177 around the clock
- Finnish – call 1177 weekdays 8 am–12 noon
- Arabic – call 08-123 130 80 every day 8 am–10 pm
- Somali – call 08-123 130 90 weekdays 8 am–5 pm
- Persian – call 08-123 130 87 weekdays 8 am–5 pm
- Russian – call 08-123 130 18 weekdays 8 am–5 pm
- Tigrinya – call 08-123 130 19 weekdays 8 am–5 pm

**For general questions about the coronavirus**
- Swedish – call 113 13 around the clock
- Arabic, Somali, Persian, Russian, Tigrinya – call 08-123 680 00 weekdays 9 am-12 noon and 1 pm–3 pm

For life-threatening conditions – always call 112
More information can be found at 1177.se/stockholm