

## Attention! The infection is most spread Kalmar County right now!

Right now, the infection is spreading very quickly in Kalmar County. Faster than in the rest of Sweden. Therefore, infectious disease doctor Lisa Labbé Sandelin is very determined, and we have got stricter restrictions than in other counties.

- Adults are not allowed to exercise indoors
- Young people who play sports may not compete
- You may not arrange parties or dinners where people gather to be an audience, or to celebrate holidays

**This is valid until May 16!**

## Get vaccinated – so society can reopen

When almost everyone has been vaccinated, society can reopen. In Kalmar County you are vaccinated according to age. Find out when it's your turn and hurry to get vaccinated. Let's help each other!

Lena Hallengren, minister of Health and Social Affairs, says that 30% of all adults in Sweden have received at least one dose of vaccine. That's good! But we have to get even better. The faster everyone gets vaccinated; the faster society can open again.

In Kalmar County it is now time for everyone who is 50 to 59 years old. You are not getting a letter as older groups, but you can make an appointment for vaccination now. You can get vaccinated at your health centre or at one of the three major vaccination centres.

They are located in Kalmar, Oskarshamn and Västervik. But you must ALWAYS make an appointment before getting there.

Book at website 1177.se if you speak English or some Swedish. Otherwise, you can call the Region and ask them to connect you to your health centre. The Region's switchboard has the number 0480-840 00.

There is a risk that there will be new mutations if we do not stop the coronavirus as soon as we can. There are also risks of new outbreaks if not enough people are vaccinated. Therefore, it is important that everyone gets vaccinated as soon as possible.

## Help to spread information about vaccination

The Public Health Agency sees in its statistics that many people in Sweden who were born in other countries are behind on vaccination. The agency is worried that these people cannot find information. So help spread information to others when you know about the vaccinations and how to do it!

On the Swedish Public Health Agency website there are films in some languages other than Swedish.



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now book vaccination!