

## **Decision on recommendations to reduce the transmission of COVID-19 in Region Sörmland**

### **Re.**

Decision of the Chief Medical Officer on recommendations for people living in and visiting Region Sörmland.

Since week 6, the transmission of the virus caused by COVID-19 has been increasing in Region Sörmland. The proportion of cases of what is known as the British mutation of the virus is also increasing rapidly. Furthermore, the number of people in hospital and in intensive care with the virus has increased.

The Chief Medical Officer for Region Sörmland has therefore decided on new regional recommendations to reduce the transmission of the coronavirus. This decision has been made in consultation with the Public Health Agency of Sweden, Södermanland County Administrative Board, Region Sörmland and headteachers of schools in the municipalities.

The recommendations will start to apply from 23 February 2021 until 14 March 2021 subject to ongoing re-evaluation based on the epidemiological situation.

### **Decision on regional recommendations in Region Sörmland**

#### ***To people living and visiting Sörmland***

- Everyone must limit the number of new close contacts by only socialising with the people who you normally spend time with. If you come into contact with people other than your own small, immediate circle, you must socially distance. It is best to meet outdoors but you must socially distance outdoors too when with people outside your small circle.
- Everyone must avoid places such as public transport, shopping centres and shops if there is a risk of crowds. Choose to shop at times when there are a minimum number of other shoppers. Spend as little time as possible in the shop and shop alone if possible.
- Avoid unnecessary travel. If you do need to travel, take every precaution against spreading infection. Everyone should wear a disposable face mask (if born in 2004 or earlier) when using public transport, and always in rush hour (07.00–09.00 and 16.00–18.00) but also at other times while transmission of COVID-19 in society is widespread.
- Wear a disposable face mask in situations where close contact for a longer period in an indoor environment cannot be avoided. This does not apply to preschools or classroom situations in compulsory and upper secondary education. Everyone

Officer  
Chief Medical Officer  
Region Sörmland

Date  
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Reference

must have their own face mask. Note that wearing a face mask does not replace the rule to avoid close contact and maintain social distancing.

- Continue to work from home as often as you can. In workplaces where it is not possible to work from home, avoid crowds, socially distance and try to encounter as few people as possible. This also applies in break rooms and staff rooms. If you have respiratory symptoms, even mild ones, stay at home and get a COVID test.

### ***To employers in Sörmland***

- It is recommended that the education authorities responsible for secondary and upper secondary schools continue to operate partially remote learning in weeks 9 and 10 and do not reduce remote learning in these weeks as may have been planned. If there is increased transmission in a school, increasing remote learning should be considered in consultation with the Chief Medical Officer.
- It is important that employers enable those in the workplace to keep a distance of 1.5–2 metres apart from each other both when at work and during breaks. Employers are responsible for ensuring that social distancing is constantly monitored. At schools this applies to all adults on school premises.

### **National recommendations continue to apply**

The regulations and public advice issued by the Public Health Agency of Sweden naturally will continue to apply.

The Chief Medical Officer urges everyone who runs a restaurant in Södermanland to comply with the Public Health Agency of Sweden's recommendation to close and evacuate the restaurant 30 minutes after the restaurant has stopped serving alcohol. Restaurants must stop serving alcohol at 20.00. According to the recommendations issued by the Public Health Agency of Sweden, the restaurant may open again one hour after closure and evacuation.

Signar Mäkitalo

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