



UPDATE Covid-19 2020-03-20

Access to medical advice

Is your company in need of advice from a doctor with knowledge of disease control? Please contact us.

Access to secure transports

Are you in need of secure transportation in these times of uncertainty? Please contact us.

This week

- The Ministry of Foreign Affairs have advised against non-essential travel to all countries.
- On Monday 16th, the Swedish Public Health Agency declared that the infection in Sweden has entered into a new phase with local transmission.
- The Swedish Parliament have introduced new routines for decision making with less representation in the chamber.
- Sweden halts international travel into the country following an EU decision. The entry ban comes into effect on March 19th and will be in force for 30 days.
- The government proposes the state to take over all costs for sick pay-leave in April and May.
- The requirement for medical certificates from the eighth day of sickness is temporarily canceled to relieve the medical care

Highlights today

- The Parliament have voted yes to the proposal to give the Government the mandate to temporarily close all schools if needed.
- The Swedish Public Health Agency together with the government are exploring the possibility to limit indoor activities that does not live up to the previous recommendations.
- The Director General of the Swedish Public Health Agency recommended everyone to closely consider the decision of going to north to go ski at this time.
- New crimes relating to the spread of Covid-19 have arisen.

Confirmed cases in Sweden

Monday March 16th

Blekinge: 8
 Dalarna: 4
 Gotland: 2
 Gävleborg: 7
 Halland: 40
 Jämtland: 11
 Jönköping: 38
 Kalmar: 7
 Kronoberg: 13
 Norrbotten: 6
 Skåne: 197
 Stockholm: 359
 Södermanland: 17
 Uppsala: 38
 Värmland: 30
 Västerbotten: 13
 Västernorrland: 1
 Västmanland: 5
 Västra Götaland: 159
 Örebro: 9
 Östergötland: 19

Totally: 992*

Deaths: 6

Friday March 20th

Blekinge: 12
 Dalarna: 11
 Gotland: 5
 Gävleborg: 17
 Halland: 51
 Jämtland: 27
 Jönköping: 48
 Kalmar: 9
 Kronoberg: 18
 Norrbotten: 9
 Skåne: 220
 Stockholm: 606
 Södermanland: 43
 Uppsala: 73
 Värmland: 36
 Västerbotten: 27
 Västernorrland: 15
 Västmanland: 19
 Västra Götaland: 228
 Örebro: 33
 Östergötland: 116

Totally: 1623*

Deaths: 16

*The Public Health Agency are advising the healthcare to limit the testing for new potential cases. Their recommendations is only to test people who are in one of the risk categories (age or other existing illnesses). This means that correct number of infected in Sweden will not and cannot be presented.

Individual responsibility

The Swedish departments together emphasizes each person's own responsibility in not contributing to the spread of Covid-19. Recommendations include:

- Stay at home if you are feeling sick, even if you only have mild symptoms. Stay isolated with limited social contact at least 48 hours after your symptoms have ended. If you are able to work from home, do so.
- Limit the social contacts, especially with all who are in the risk categories. These are elderly people and people who are immunocompromised. This is especially important for all medical staff, but also for anyone who might be visiting relatives at hospitals or geriatric care units. If you are to visit anyone at these places, make sure you are in good health with no recent illness such as colds, respiratory illnesses or fever. Avoiding unnecessary visits protects the most vulnerable.
- Be extra careful if you have travelled to a risk area or if you have been in contact with someone who have a confirmed case of covid-19. Monitor your potential symptoms closely and limit your social contacts with others.
- If you suspect that you might be contaminated you are obliged to take appropriate action to protect others from getting sick. This applies to all contagious diseases.

Updates

New regulation

The Parliament have given the Government the right to close schools, according to a new law. The new law also gives the principals greater mandate to close schools. The law comes into force on March 21st.

Potential further restrictions

On today's press conference, the Director General of the Swedish Health Agency said that they together with the Government are exploring the possibility to limit indoor activities that does not live up to the recommendations that are in place today. Many other nations have taken similar measures but to a much further extent.

New recommendations to the public

The Director General of the Swedish Health Agency recommended everyone to closely consider the decision of going to up north to go ski at this time. On the press conference today, he said that there is no risk in general leaving the cities (except for the risk of possibly transmitting the disease further) but some situations are much problematic. Ski lifts, after ski events, queues in shops and such, all is risky situations.

He also stated that everyone going anyways need to reflect upon the possibility of getting sick. If so, self-isolation is a must. There is no possibility to get tested drop-in and also the hospital resources is more limited there than in the major cities. If people start to show symptoms, they need to prepare for the case of being allowed on busses or flights.

Crimes

Extortion

It has come to our knowledge that many people have received extortion emails in the last day. The threats mainly begins like most other extortion emails, by saying that they know something about you. Perhaps something that you supposedly did or that they have knowledge of a password. After that the extortion have taken a new form. The email says that if the receiver does not pay within X hours/days, the perpetrator will make sure you and your family gets infected with Covid-19.

The advice from the Swedish police are the following:

- Don't pay,
- Delete the email,
- Change your passwords, please use 2-factor login where possible,
- Report the extortion to the police,
- If threats involving webcam are involved, cover it when you are not using it with tape, for example.

Domestic violence

When parts of the Chinese population were under quarantine, the reports of domestic violence seems to have increased. Since many Swedes are at home these days, the home-isolation can be dangerous for women and children who lives in abusive homes. Therefore we wish to raise the awareness on these issues so you can be more perceptive to your surroundings.

Numbers to call if you or anyone close to you is being abused:

- Emergency: 112
- Kvinnofridslinjen: 020 50 50 50
- Brottsofferjouren: 0200 21 20 19