



UPDATE Covid-19 2020-05-14

Emotional crisis support

It's always OK to ask for help. 2Secure has expertise available 24/7 to assist our clients with crisis support and assistance. If you or your company require assistance, contact your consultant or **email us**.

How do you manage your core business during the pandemic?

Can you afford to put your regular security risks aside? Such as:

- Incidents
- Investigations
- Information and IT-related security matters
- Background checks

If not, **contact us**.

Access to medical advice

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

Previously this week

- In order to assist in opening up the world for business, the Swedish company Safeture has produced an interactive world map with global information about where there is curfew, closed borders and other local corona restrictions.
- INTERPOL has started a campaign to "Wash Your Cyber Hands".
- The Public Health Agency releases a list of serological tests that detect antibodies to the virus that cause Covid-19
- Map for smartphones shows estimate of the proportion of corona infected in Sweden.



Highlights today

- The Foreign Ministry advice against all international that are non-essential until July 15th.
- The Swedish Transport Agency have banned graduation celebrations from lorries, tractors and trailers.
- SAS introduces requirements for all travellers to wear facemasks.
- The government clarifies the recommendations on domestic travel.
- Civil contingency is essential for future crises.

Confirmed cases in Sweden

Tuesday May 12th

Blekinge: 85
 Dalarna: 970
 Gotland: 64
 Gävleborg: 833
 Halland: 487
 Jämtland: 461
 Jönköping: 1 015
 Kalmar: 233
 Kronoberg: 507
 Norrbotten: 312
 Skåne: 1 088
 Stockholm: 9 829
 Södermanland: 1 425
 Uppsala: 1 334
 Värmland: 284
 Västerbotten: 366
 Västernorrland: 355
 Västmanland: 928
 Västra Götaland: 3 679
 Örebro: 1 367
 Östergötland: 1 650

Total cases: 27 272*

Total deaths: 3 313

Total that have received intensive care: 1 765

Thursday May 14th

Blekinge: 92
 Dalarna: 1 010
 Gotland: 66
 Gävleborg: 882
 Halland: 508
 Jämtland: 495
 Jönköping: 1 081
 Kalmar: 238
 Kronoberg: 566
 Norrbotten: 326
 Skåne: 1 159
 Stockholm: 10 188
 Södermanland: 1 474
 Uppsala: 1 395
 Värmland: 295
 Västerbotten: 391
 Västernorrland: 389
 Västmanland: 978
 Västra Götaland: 3 910
 Örebro: 1 433
 Östergötland: 1 706

Total cases: 28 582*

Total deaths: 3 529

Total that have received intensive care: 1 783

* The Public Health Agency does still have limited potential for testing the public. 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.
- Abstain from parties and other social events.
- Keep away from other people in public places.
- Avoid traveling in rush hour traffic.
- Avoid unnecessary trips. Think about whether the weekend trip is really necessary. This applies especially to trips to big cities, mountain resorts or other holiday destinations where many people gather. Read more about domestic travel here.
- Wash your hands with soap and warm water frequently.
- 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

The Foreign Ministry extends the advice against all non-essential travel until July 15th

Due to the continued uncertainty regarding international travel as a result of the spread of the new corona virus, the Ministry of Foreign Affairs extends its recommendation from all non-essential travel to all countries until 15 July 2020. Foreign Minister Ann Linde though believes that the date can change if the global circumstances changes.

The Swedish Transport Agency ban graduation celebrations from lorries, tractors and trailers

At the request of the Public Health Agency, the Swedish Transport Agency has temporarily suspended the provisions that made it possible to celebrate graduation on the trucks, carnival trains or the like. This means, among other things, that this year's graduation celebrations of this kind are not allowed.

The ban is valid until December 31, 2020. Read the full press release [here](#).

The government clarifies the recommendations on domestic travel

It is not acceptable to travel "over half the country" during the upcoming Bank Holiday, the government announced at a press conference yesterday.

- We strongly advice against it, said the Director General of the Public Health Agency Johan Carlson at the press conference.

However, shorter car journeys of one or two hours from home might be acceptable in the right circumstances. It is important to remember that you should be able to take care of yourself if you were to fall ill on your destination. If you need help locally, you must be aware that there may be limited resources. You should also be able to get yourself home safely without risk of infecting others if you fall ill at the place of visit. Otherwise, you have to isolate.

Read the updated recommendations [here](#).

SAS introduces requirements for all travellers to wear facemasks

The European Commission opens for the possibility to resuming travel within Europe. At the same time, new guidelines and recommendations are set for the travel companies. The recommendation to introduce requirements for passengers to wear face masks is something that Scandinavian SAS will follow.

- We have now chosen to follow the European industry practice of using face mask as there is a limited space area on board aircraft, says Mattias Hedrén, security director at SAS.

- From May 18 to August 31, it is mandatory for all passengers, from the age of six, to wear face masks that cover the nose and mouth. The requirement applies from boarding until the passenger leaves the aircraft.
- The aircraft is cleaned and disinfected according to new procedures.
- People who are ill or have symptoms are advised not to travel and will be denied boarding.
- You must bring a face mask yourself that covers both the nose and mouth. It is a requirement that it is a face mask. Scarves or the like are not enough.
- You will be denied boarding unless you wear a face mask.
- You should always wear a face mask on board with the exception of when you eat or drink.
- The staff on board always wear face masks that cover the nose and mouth.
- If you suffer from a disease that prevents you from wearing a face mask that covers your nose and mouth, you should show medical certificates to the staff at the gate before boarding.

Read SAS's guidelines [here](#).



Security

Civil contingency is essential for future crises *National Crisis Contingency Week*

In times of the corona crisis, civil contingency once again becomes relevant. This week is also the National Crisis Contingency Week, where these questions are discussed on a larger scale than usual with a much larger audience.

If there is a long-term power outage or some other serious disruption in society, you must have a contingency. This means that you need to be able to meet basic needs such as water, food and heat when society's services do not work as usual. You also need to be able to communicate with others and get information from the media and authorities during a crisis. With the right preparation, you can handle a difficult situation better, no matter what has happened.

There is a lot that can happen. For example, transport disruptions, floods, forest fires, IT attacks, terrorist attacks and military conflicts. **Our society is vulnerable, especially because we need electricity to almost everything. All of the above scenarios can switch off electricity.** After just a short time, everyday life can become troublesome:

- The heat disappears.
- It becomes difficult to cook and store food.
- Food and other goods can run out in stores.
- There is no water in the faucet or toilet.
- Can't refuel.
- Debit cards and ATMs do not work.
- Mobile networks and the internet do not work.
- Public transport and other transports are stationary.
- It will be difficult to get hold of medicines and medical equipment.

Most of us have never been through anything like it. It is hard to imagine dark cities and roads, cooled down homes, destroyed food, long queues and big problems getting information about what is happening. **If you spend a few minutes thinking about how a longer power outage would affect you and your surroundings, you have already acquired a mental preparedness.** Being worried when something is happening is nothing strange or rare. The important thing is to be able to handle the turmoil and to help one another. Humanity and cooperation are crucial during a crisis.

Learn more about your individual responsibilities and how to easily prepare for possible scenarios [here](#).

You can also watch a lecture with Lars and Lena Wilderäng [here](#). The lecture addresses prepping from a broader perspective: survival thinking, different principles of crisis, mental factors and much more - you should be able to take control over the situation and make rational decisions!