



# Hello and welcome!

From 1 October 2020, you are welcome to visit your loved ones living in a retirement home. Before your visit, please check the accommodations' local routines. It is important that you follow these to reduce the risk of infection. It is also good if you read, understand, and follow these instructions:

## Before your visit

- Notify the facility well in advance to let them know when you are planning to visit.
- Remember that the apartments have limited floor space and it may be a good idea to limit the number of visitors to be able to keep a distance inside the apartment. We recommend 1-2 visitors at a time.
- Wash your hands carefully and use hand sanitizer before entering the apartment.
- Stay home if you have symptoms!

## During your visit

- Go straight to the apartment.
- Wash your hands in the apartment.
- Keep a distance at all times.
- If you need to cough or sneeze, do so in the crook of your arm. If you start experiencing cold symptoms during the visit, you must go home!
- Do not linger in public spaces.
- Use a telephone or alarm if you wish to speak with staff, do not leave the apartment.
- Go straight to the exit after your visit.

## Feel free to socialize outdoors

We recommend that you and your loved one spend time outdoors. Feel free to walk outside during the visit. Following the Public Health Agency's recommendations and meeting outdoors reduces the risk of infection.

## Fika is great...

... but remember, if you prepare fika at home, it is important that you wash your hands carefully first. Do not touch each other's cups, coffee pot, or cake. And keep your distance throughout!

## Pay attention to new information

We are constantly monitoring the development of the coronavirus pandemic. Guidelines and recommendations from authorities may change quickly. You may receive new information before or during your visit. In that case, it is important for you to pay attention to and understand the information.

## Your actions may save lives

Thank you for being responsible and following the recommendations. Read more at [www.linkoping.se](http://www.linkoping.se) and [www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se).

**Together, we slow the spread!**