



Folkhälsomyndigheten

This applies from 29 September

Below you will find information on the COVID-19 regulations, guidelines and recommendations that will apply as from 29 September.

General guidelines from the Public Health Agency

As from 29 September the following applies:

Prevent the spread of COVID-19

Getting the vaccine is the best way to avoid serious illness and the spread of COVID-19.

If you are not fully vaccinated against COVID-19, special attention should be paid to people in a risk group and those aged 70 and over. You should take precautions to avoid infection yourself and to avoid spreading COVID-19. When possible, you should:

1. keep a distance from other people
2. avoid close contact with people in a risk group, and people who are aged 70 and over.

These guidelines do not apply to people under the age of 18 years, or to people who have been recommended not to get vaccinated against COVID-19 for medical reasons.

Protect others from the risk of COVID-19 infection

Everyone should pay attention to symptoms of COVID-19. If you suspect that you have COVID-19, you should stay at home and avoid contact with other people.

If you or someone in the family has fallen ill

Anyone who has symptoms of COVID-19 should stay at home and get tested.

The recommendations regarding testing do not change:

If you or someone in the family has fallen ill

How long should I stay at home if I develop symptoms of COVID-19?

The recommendation on how long to stay at home in case of symptoms, or in case of confirmed COVID-19 infection will not change on 29 September. The same applies to preschool children with mild symptoms.

How long should I stay at home?

Recommendations to those entering Sweden from abroad

The recommendation to get tested for COVID-19 upon arrival in Sweden applies until 31 October.

Recommendation for all travellers to get tested for COVID-19 after arriving in Sweden

People who are fully vaccinated are exempted.

Information to health and social care personnel, and clinical laboratories

Recommendations that can be used as a complement to existing regulations and locally set up guidelines also apply after 29 September.

Information on COVID-19 for health and social care personnel, and clinical laboratories (in Swedish)

COVID-19 contact tracing

It remains important to have contact tracing procedures and rules of conduct for people in households where someone has COVID-19.

The recommendations and guidelines apply until further notice.

COVID-19 contact tracing (in Swedish)

Regulations, recommendations and guidelines that will be removed as from 29 September

- The recommendation to work from home if possible.
- Previous regulations and general guidelines on everyone's responsibility to prevent the spread of COVID-19.
- The Public Health Agency's regulations and general guidelines on special restrictions.
- The Public Health Agency's regulations and general guidelines for venues serving food and drink.