

# Stricter general guidelines

## **As of 29 October, everyone staying in the county is strongly encouraged to:**

- Refrain from spending time in indoor environments such as shops, shopping centres, museums, libraries, bathhouses and gyms. Necessary visits, for example to grocery stores and pharmacies, may be made.
- Refrain from participating in activities such as meetings, concerts, performances, sports training, matches and competitions. However, this does not apply to sports training for children and young people born in 2005 or later.
- If possible, avoid physical contact with people other than those with whom you live. Among other things, this means that you are discouraged from arranging or attending parties or similar types of socialising. These guidelines do not apply to necessary close contact, such as healthcare appointments and medical examinations. However, it is important to keep in mind that anyone who has symptoms that may be caused by COVID-19 should avoid *all* close contact with others.

## **The decision also includes stricter general guidelines for businesses – such as shops, shopping centres and sports facilities:**

- All businesses should take measures to enable everyone to comply with the general guidelines in the event of local outbreaks of COVID-19. For example, this may mean that a business minimises the number of visitors on the premises at the same time.
- All employers should take measures to enable employees to comply with the general guidelines in the event of local outbreaks of COVID-19. These may include measures such as encouraging staff to work from home, offering expanded conditions for working from home, and postponing business trips, conferences and other physical meetings.