



FOR RISK GROUPS AND THE OVER-70S

Health Guide

We can all do our bit to reduce the risks, and limit the spread of covid-19, the corona virus. Wash your hands, cough into your arm, keep your distance, stay at home as much as possible, and look after your own health.



ROUTINES

Stick to your routines. Eat breakfast, lunch and dinner as normal.



ERRANDS

Let others do your shopping and errands for you.



CONTACT

Stay in daily touch with friends and relatives via phone/computer.



SLEEP

Try not to change your sleep pattern. If possible, eat and move during the day, and sleep at night.



DIET

Eat a healthy and varied diet. Vegetables, fruit, fish, nuts and seeds. A good diet improves your immune defence.



MOVEMENT

Reduce the amount of time spent sitting still at home with some simple movements. For instance, stand up and sit down in a chair ten times.



KEEP ACTIVE OUTDOORS

Go for walks so that your heartrate goes up and you get a bit warm. Keep your distance from others. It improves your physical and mental strength.



TOBACCO AND ALCOHOL

Limit tobacco and alcohol use, or stop completely, since it weakens your immune defence.



TALK

Are you worried, scared, or feeling low, or do you just need someone to talk to? You'll find tips for good phone services overleaf.

Ladda ner på: www.norrboten.se/folkhalsa

Lataa osoitteesta: www.norrboten.se/folkhalsa

Download at: www.norrboten.se/folkhalsa

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Ka soo degso www.norrboten.se/folkhalsa



YOU'RE NOT ALONE!

Call the support line that suits you.

Are you sad and worried, or do you just need to talk to someone?

ELDERLY PEOPLE'S LINE.....020-22 22 33
Weekdays 8.00 a.m. – 7.00 p.m.
Weekends 10.00 a.m. – 4.00 p.m.

FELLOW HUMAN ON CALL.....08-702 16 80
Evenings
and nights 9.00 p.m. – 6.00 a.m.

The Red Cross Support Phone.....0771-900 800
Weekdays 12.00 noon – 4.00 p.m.

Church of Sweden.....0920-26 47 00
Weekdays 8.00 a.m. – 12.00 noon,
and 1.00 p.m. – 3.00 p.m.

Priest on Call.....112
Ask for the priest on call. Evenings
and nights 5.00 p.m. – 8.00 a.m.

**Palveleva Puhelin,
Ruotsin kirkko**.....020-26 25 00
Joka ilta klo 20.00 – 24.00

هل تشعر بالوحدة؟ هل أنت بحاجة لدعم
معنوي؟ بإمكانك أن تكون مجهولاً.
اتصل بنا:

Islamic Relief.....073-375 84 88
073-375 84 72

Ma dareymeysa kelinnimo ame in aad
u baahan tahay qof aad la wadaagto
dareenkaada?

Islamic Relief.....073-375 84 88
073-375 84 72

Do you feel lonely and need to talk to
someone?

Islamic Relief.....073-375 84 88
073-375 84 72

Are you at risk of or experiencing domestic violence?

National Women's Helpline.....020-50 50 50
We speak many languages.

Old Ladies' On-Call Service Iris.....0920-22 22 23
Weekdays 8.30 a.m. – 4.30 p.m.
and 6.00 p.m. – 10.00 p.m.,
every day. We also speak Finnish.

Are you exposed to domestic violence?
Terrafem.....020-52 10 10

**Waxaan halis ugu jiraa in
laidhibaateeyo!**
Terrafem.....020-52 10 10

أنا في / خطر التعرض للعنف
Terrafem.....020-52 10 10

Other important numbers

For those who risk harming the
person they love.....020-55 56 66
Mondays and Wednesdays
8.30 a.m. – 8.00 p.m.
Other days 8.30 a.m. – 4.00 p.m.

Are you worried about your own or
someone else's alcohol habits?
The Alcohol Line.....020-84 44 48
Mon – Thu 11.00 a.m. – 7.00 p.m.
Fri 11.00 a.m. – 4.00 p.m.

**General questions
about covid-19,
so-called corona virus.
Call 113 13.**

Are you sick and need help?

Call 1177 at any time of day for advice. If it's an emergency, call 112. NB! Always call before visiting health care providers!
Follow the recommendations of the Public Health Agency, communicated via media. www.folkhalsomyndigheten.se

WE'LL HELP YOU!

If you're over 70 years old, or are in a risk group, you can get help with shopping and picking up over-the-counter medication. Call for more information about how it works in your municipality. Welcome!

ARJEPLOG

Call Argentis **070-280 29 79**
Normal weekdays 8.00 a.m. – 5.00 p.m.

ARVIDSJAUR

Call the municipality **0960-155 00**
Normal weekdays when the switchboard is open.

BODEN

Call citizens' service..... **0921-62 000**
Normal weekdays when the switchboard is open.

GÄLLIVARE

Call the municipality **0970-818 000**
Normal weekdays when the switchboard is open.

HAPARANDA

Call the Church of Sweden **072-241 77 68**
Helgfria vardagar 8.00 a.m. – 12.00 noon

JOKKMOKK

Call the municipality **0971-170 00**
Normal weekdays when the switchboard is open.

KIRUNA

Call pensioners' service **0980-755 70**
Normal weekdays when the switchboard is open. **076-134 34 69**

KALIX

Call the municipality's FRG
(voluntary resource group) **0923-651 00**
Normal weekdays **076-210 04 66**
1.00 p.m. – 5.00 p.m.

LULEÅ

Call the municipality **0920-45 30 00**
Normal weekdays when the switchboard is open.
Call the Red Cross..... **076-775 85 57**
Normal weekdays 9.00 a.m. – 12.00 noon

PAJALA

Call the municipality **0978-120 00**
Normal weekdays when the switchboard is open.
Call the Red Cross..... **070-374 59 73**

PITEÅ

Call the municipality's FRG
(voluntary resource group) **0911-69 70 01**
Normal weekdays 9.00 a.m. – 1.00 p.m.

ÄLVSBYN

Call the municipality **0929-170 00**
Normal weekdays when the switchboard is open.

ÖVERKALIX

Call the municipality **0926-740 00**
Normal weekdays when the switchboard is open.

ÖVERTORNEÅ

Ring kommunen **0927-720 00**
Normal weekdays when the switchboard is open.

NB! These numbers
and phone hours
may change.

A health guide from Region Norrbotten in collaboration with the County Administrative Board in Norrbotten County and the Church of Sweden due to the corona pandemic, created on the 24th of April 2020.

More information on www.norrbotten.se/folkhalsa