



Autumn is teeming of nasty viruses. Don't fall into it.

Covid-19 is still a dangerous disease for those who are fragile. The flu and winter vomiting disease are other nasty viruses which we can fight together this autumn.

The inhabitants of Norrbotten have been good during the pandemic. Many have been vaccinated, which has resulted in fewer and fewer becoming seriously ill. We will of course continue with that.

See to it that you are vaccinated with all the new doses of COVID-19 vaccine, especially if you are older and belong to any risk group. There are plenty of times to book at 1177.se.

Speaking of vaccines - we will soon have the seasonal flu around the corner, which is another nasty virus we should try to avoid. It has ravaged wildly in the southern hemisphere and is now moving up north. We now offer everyone over the age of 65 a free vaccine shot from the 8 of November. You can vaccinate yourself against the flu and Covid-19 at the same time, pretty smart would you not think.

You haven't by any chance forgotten that sickness presence is not a good choice and that washing your hands often is good. Then we surely can also avoid winter vomiting disease, which almost died out during the pandemic.

When we contribute to staying healthy, it becomes even more fun to live in Norrbotten. Together we can experience culture, sports, entertainment and much more with our loved ones. Yes, everything that we missed the most during the pandemic.

Finally, don't fall into it, either on viruses or on icy streets and sidewalks. And take the opportunity to enjoy our beautiful winter in Norrbotten. It also makes you healthier.



Länsstyrelsen
Norrbotten



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