



Take care of each other this Christmas

It's getting closer to Christmas. Let's continue to help keeping each other healthy. It is the best Christmas present, both for you and your loved ones. So, vaccinate yourself against Covid-19, flu and stay home if you are not feeling well. Book an appointment at 1177.se as usual.

If you become ill, injure yourself or need advice about your health, please turn to your health center in the first instance. For healthcare advice around the clock, visit Min vård Norrbotten, 1177.se or call 1177. Should you become acutely ill or seriously injured, please call 112 or find the nearest emergency ward.

Also, be prudent on ski pistes and skating on ice, and the winter will be even longer and more fun. Grips are excellent gear and reflectors make you more visible in traffic.

Feel free to serve produce and vegetables from Norrbotten on your Christmas table. Water for every other drink is also a good idea for a kinder Christmas. Santa likes it.

