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## A Message from HMA Judith Gough

This is a message for British Citizens living in Sweden, concerning the corona virus, or Covid-19.

Both the British and Swedish governments now advise against all but essential international travel.

And, you should be aware that as of the 19<sup>th</sup> of March the Swedish government is restricting all travel from outside the European Economic Community and the EU.

Those who live here can still return home.

There are still flights operating between the UK and Sweden, but at a much reduced basis so we recommend you consult your airline before travelling.

You should also be aware that neighbouring countries Denmark, Norway and Finland have also imposed border restrictions, so do check if you want to come to Sweden via any of those routes.

My Embassy remains open and my consular team is ready to provide assistance as required.

For health advice we recommend you follow the Swedish public health authority, Folkhälsomyndigheten, and their

<https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/>

Among other things, they are recommending that if you show signs or symptoms of the coronavirus you stay home until you are recovered,

avoid social contact if you are over the age of 70, and that you continue to wash your hands in all the good ways that have been recommended. If you live in the Stockholm area they also recommend that you work from home.

You also have the opportunity to follow public health England and their information as well.

Stay healthy, and we endeavour to keep you informed as the situation evolves.

Thank you.