

## Now, everyone has to take responsibility when rules for those above 70 are removed

**Now, the Public Health Agency and the government are removing the stricter rules for the elderly. This is done even though the infection is increasing.**

**”EVERYONE has to bear the same responsibility, Lena Hallgren, Minister of Health, says.**

When the Corona pandemic broke out, elderly needed extra protection. If they or people having underlying medical conditions, were infected, they run a higher risk of serious disease or even death.

Therefore, regulations have been extra strict for them.

They were asked to take care of themselves, not supposed to gather with other people, and the instructions were to be careful in every way.

It was also prohibited to visit elderly at hospitals or nursing homes.

But many elderly have felt lonely and have had difficulty coping. The restrictions made them stay inside too much, and there have

been reports of mental health problems from not having a social life.

Therefore the Public Health Agency say that they should now follow the same restrictions as the rest of the population. It may seem strange to let go of restrictions in a time where the infection is increasing. But most people now know the importance of physical distance to elderly in malls and other places. In this way, the elderly once again can join the community and, for example, meet friends who are completely healthy, and to go for walks or exercise.

”We must take into account the health of the whole person”, says Anders Tegnell at Public Health Agency. ”Elderly and people having underlying medical conditions, can no longer alone bear the responsibility. Everyone has to help.”

This also makes the rule on family quarantine extra important. All adults living together, should be at home if someone tests positive for covid-19. Healthy children in preschool and primary school (Up to grade 9) must attend school. (A healthy adult, with no symptoms of Covid-19, may leave or pick up the children, and then return home).

Recently the Public Health Agency decided that it should be possible for the infection disease physician to activate so called ”general local restrictions”.

”If necessary, stricter rules can be introduced in parts of, or in the entire county, says Lisa Labbe’ Sandelin, infection disease physician in Kalmar County Region.