



Do you need help from a volunteer?

Covid-19: Do you belong to a risk group? Do you need help with shopping or fetching non-prescription medicines, for example? Are you worried and need to talk to someone? Call the Swedish Red Cross.

Do you need help from a volunteer?

If you belong to a risk group, you should avoid using public transport, shopping or spending time in places where there are a lot of people together at the same time.

There are people who have volunteered to help others in this difficult situation. Examples of the sort of things that volunteers can help you with are shopping or buying non-prescription medicines.

If you need help, just contact the Swedish Red Cross on weekdays during office hours by phone, or by e-mail at any time. There may be a lot of people calling at the same time, so please send us an e-mail if you can and the Red Cross will contact you as soon as they can.

Do you need help?

Phone: 073-839 86 88

E-mail: frivillig.gbg@redcross.se

Do you need to talk to someone?

The Red Cross has a support line that you can call during the Corona crisis.

Do you feel stress and anxiety about the current Corona outbreak? You can call the Swedish Red Cross support line to talk with someone about how to cope with your situation. The staff who answer are trained in psychological first aid and they understand the current situation. The line is open on weekdays between 12.00 and 16.00. All calls are anonymous.

Call the Swedish Red Cross

Phone: 0771-900 800

As a result of the covid-19 pandemic, the Public Health Authority advises everybody over 70 and other groups at risk to avoid close contact with other people. Among other things, avoid crowds as much as possible, such as in shops or on buses.

To make things easier for people in risk groups, the City of Gothenburg has made an agreement with the Swedish Red Cross to coordinate work by volunteers in the city.

In cooperation with:



**Göteborgs
Stad**