

How can you and your family prevent the spread of coronavirus (COVID-19)?

1.If you or a family member has flu symptoms (cough, runny nose, throat pain, fever), you should stay at home.

The following can be symptoms: headache, loss of smell and taste, runny nose, stuffy nose, cough, shortness of breath, weakness, tiredness, muscle pain, throat pain, roughness of throat, fever, nausea, vomiting, diarrhea.

2.If you or a family member has flu symptoms, you must take a corona test.

You can get a corona test appointment by calling the emergency helpline 116117 or by making a corona symptom assessment in the Omaolo service at omaolo.fi. You can directly book an appointment for the test through the Omaolo service.

It is important to get tested as soon as symptoms arise.

3.The aim of quarantine and isolation is to stop the spreading of coronavirus.

If you or a family member have been ordered to be quarantined, it is very crucial that the quarantine instructions are followed, so that the infection chain can be cut off immediately. Coronavirus can be transmitted even before symptoms arise. The aim of quarantine is to prevent the spreading of the coronavirus.

A quarantined individual can only interact with residents of the same household. During quarantine, you cannot go to work, school, day care, courses, hobbies, shops, the library, restaurants, shopping centres, public transport or appointments for social services or healthcare. During quarantine, you cannot go visit anyone or receive guests.

The quarantine has to be followed until the end, even if the corona test taken during that period would be negative. Follow the instructions given by health care.

- Keep a minimum of 1–2 metre distance between yourself and other people.
- Remember to wash your hands, don't cough towards other people.
- Use a face mask when social distancing is not possible.
- Download the Koronavilkku contact tracing app.
- Stay home, don't pay any visits.

Further information in Finnish and English: www.phyky.fi