



### COVID-19 Information - Kainuu Social and Health Care Joint Authority

#### INSTRUCTIONS IN ACCELERATION PHASE OF CORONA VIRUS

##### Recommendations

- **Limit close contacts!** All unnecessary meetings outside your family or closest ones should be avoided. Non-mandatory meetings, parties and hobby groups is recommended to cancel. Family events only with your closest one – don't invite any visitors!
- **Protect yourself!** Use face mask in your workplace when close contacting other people. Maintain safety distance and don't keep your breaks at the same time. Meet other people with two metres distance or use a face mask. Don't travel, if not necessary. Work remotely and attend tele meetings. If possible, make shopping or other business outside the rush hours.
- **Move yourself, with safety!** Outdoors exercise is good, but avoid crowds. Follow the instructions in hobbies, events and in travelling. Restrict your contacts with your own family and closest ones.
- **Protect people in high-risk!** People over 70 years of age and those with other illnesses are in high risk of severe corona virus symptoms. Protect them with following safety instructions. Avoid visits after your travels or other risk situations. Don't meet if not necessary.
- **Test!** Have a COVID19-test if you have any symptoms! Don't hesitate – call 116 117 or +358 40 165 0020 (or +358 8 6156 6000, only land line) and ask for COVID test appointment. If you are ill, don't move or travel anywhere but COVID test and back home. Wait at home until you get the result!

##### Corona virus symptoms

Corona virus causes a disease with possible symptoms of

- fever
- cough
- short of breath
- sneeze
- diarrhoea
- loss of smell or taste

Corona virus can be dangerous to older people or those with other diseases. It spreads when infected person coughs or sneezes. It can also be transmitted with touching other people or surfaces with viruses



## Kainuun sote

### What to do if you suspect having contracted the coronavirus

1. Call
  - Kainuu central hospital 116 117 or +358 40 165 0020 (or +358 8 6156 6000, only land line)
  - Medical Helpline serves in Finnish and English  
(call 112 only if in urgent or life threatening situation)
2. Have a COVID19- test
  - In Kainuu Central Hospital or local Health Centre
  - After the test go home, nowhere else.
3. Wait at home until you get the result!

Get more information online <https://sote.kainuu.fi/en/in-english>

### How can I protect from corona virus?

- Keep 2 metres of safety distance with other people or use a face mask
- Reduce meeting people. Avoid large groups.
- Don't travel if not necessary
- Wash your hands often with soap. If not possible use hand disinfection.
- Cover your mouth when coughing or sneezing. Use your sleeve or hankerchief, not your palm! Don't touch your mouth, nose or eyes.

### Use face mask or face shield (visor)

- In public spaces and events where close contacts cannot always be avoided.
- When working in close contacts (hair dressers, health services etc)
- On public transport where close contacts cannot always be avoided.
- In secondary schools (including general upper secondary schools) and higher education institutions.
- When travelling to/from COVID19 test. Stay home awaiting the test results!
- Passengers arriving in Finland from a high-risk area while travelling to the place of quarantine

### Examples of public spaces and events where mask use is recommended.



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- Shops and shopping malls, post offices, banks, libraries and similar indoor spaces
- Facilities for physical activities, public saunas, swimming pools exercise and sports venues and audience areas (at least in the public areas and dressing rooms)
- Churches and other religious community spaces
- Museums, cinemas, theatres, concert halls and other performance venues
- In facilities for organising meetings or other similar events

### Instructions (pictures THL)

1. Keep safety distance (2 m)



2. Use a face mask if safety distance is not possible





**3. Wash your hands with soap or use hand disinfection**



**4. Stay home if you are ill or when waiting the COVID test result**

