

SCHOOL HEALTH CARE

School health care works in schools as usual. Contact us by phone or through Wilma.

Cough, sore throat, fever, shortness of breath, muscle aches, abdominal symptoms and headache may be symptoms of a coronavirus infection.

If you or your child have symptoms of a coronavirus infection, you should make an assessment of your health at www.omaolo.fi or call your own health centre or 116 117. You can book an appointment for a coronavirus test at <https://omasote.kainuu.fi> or by calling 116 117.

All students of grades from 1st to 9th should not hesitate to apply for a coronavirus test if there are even minor symptoms.

The person tested for the virus should wait for the test result at home in quarantine-like conditions, avoiding contact.

If the test result is negative and the symptoms are clearly decreasing, the tested person is allowed to return to school even if the symptoms have not completely subsided.

If symptoms recur later, the person should apply for a new test.

One negative corona test result if several family members fell ill at the same time is sufficient. Not all family members need to be tested.

ALLERGY:

If a person's symptoms are due to an allergy and allergy medication helps, the person is allowed to return to school even if they still have mild symptoms.

If the symptoms do not improve despite allergy medication, the person should apply for a coronavirus test. If the test result is negative, the tested person is allowed to return to school.

The coronavirus is transmitted primarily as a droplet infection. **Proper cough habits and hand hygiene** are important and prevent infections.

HAND HYGIENE:

Both children and adults must wash their hands whenever they come to school, as well as before going home.

ALWAYS wash your hands before eating and when you come inside from the outside. If you sneeze or cough, ALWAYS wash your hands afterwards. If your hands are otherwise dirty, they should be washed. Dry your hands with paper hand towels.

-If it is not possible to wash your hands, use a hand sanitizer. An adult monitors the use of hand sanitizer by children.

-When you cough or sneeze, put a disposable handkerchief in front of your mouth and throw it in the trash immediately after use.

-If there is no handkerchief, protect your mouth with an elbow bend and wash your hands afterwards.

Koukkari Olli-Pekka, infectious disease physician

Pennanen Auli, head of school and student health care

