

9.3.2020

Coronavirus has been in the news a lot recently. Below you will find information on the situation reports and instructions published on the Karkkila City website.

**We will pay more attention to the hand hygiene of students and children at schools and daycare centers. We will remind people to wash their hands before eating and after coughing, sneezing and visiting the toilet, and instruct them how to sneeze properly.** We will follow the coronavirus guidelines issued by the Finnish Institute for Health and Welfare (THL). We will follow the situation and notify you of any new developments. The THL website also contains material related to the coronavirus and hand hygiene.

***The best way to prevent infection is to wash your hands***

You can protect yourself against the coronavirus in the same way as against other respiratory tract infections: [with proper hand hygiene](#). Wash your hands frequently with soap and water.

***Cough properly – don't infect others!***

When coughing or sneezing, cover your mouth and nose with a disposable paper tissue and toss the tissue immediately into a trash bin. If you don't have a paper tissue with you, cover your face with your sleeve when sneezing or coughing, not with your hands.

***Remember to be careful – we can all prevent the spread of the virus with our actions!***

If you have stayed in a coronavirus epidemic area or have been in contact with someone who has been diagnosed with the COVID-19 coronavirus and you start experiencing symptoms of a sudden respiratory infection (fever, cough, shortness of breath, etc.) within 14 days of leaving the area/being in contact with the person, please contact your local health center **via telephone** between 8 a.m. and 4 p.m. (Karkkila 09 4258 2200). Outside these hours, please call the medical helpline, tel. 116 117 (24 h). You will receive instructions on how to seek treatment via telephone. Asymptomatic people will not be tested, but they will be given follow-up instructions.

***Can I return to school/daycare after a trip to an epidemic area?***

If you experience no fever or other symptoms of respiratory infection (such as coughing or shortness of breath) after returning from an epidemic area, you can, as a rule, return normally to work, daycare or school.

If you start experiencing symptoms within 14 days of leaving an epidemic area, contact your local health care services immediately, preferably via telephone

***What do I do if a loved one has been diagnosed with coronavirus?***

People diagnosed with coronavirus will be quarantined for two weeks. In such cases, health care personnel will contact the diagnosed persons and give them separate instructions on how to act.

***What do I do if a loved one has been exposed to coronavirus but I have not been in contact with the person myself?***

People exposed to the virus will be quarantined, but other family members/people living in the same household can go on normally with their lives.

You can read more on the subject on the Karkkila City website.