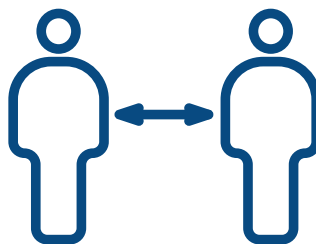


# CORONAVIRUS (COVID-19)



## PREVENT CORONAVIRUS FROM SPREADING

Wash your hands often and thoroughly with water and soap.

If you cannot wash your hands, use a hand sanitizer.

Cough or sneeze into a handkerchief or sleeve.

Do not go too close to other people.

Keep at least 1.5 meters distance from others.

Use a face mask when you move in places with many people around.

Use a mask for instance in a bus, taxi or shop.

## GO TO A CORONAVIRUS TEST EVEN IN CASE OF THE SLIGHTEST SYMPTOMS AND STAY AT HOME

Even though you would have only minor symptoms, stay at home and book an appointment for a Coronavirus test, because even a person with slight symptoms can spread the disease.

If you have symptoms, do not go to work or school, do not go to your free time activities or do not meet friends or relatives.

## Go to a test, if for instance

you are coughing, you have common cold, sore throat, fever, headache, shortness of breath, diarrhoea or if you do not have the sense of smell or taste.

- **Fill** in the evaluation form of symptoms at **Omaolo.fi** or
- **Call:** Health Care Advice Service number **03 5657 0023** (every day from 7 a.m. to 10 p.m.) or TAYS Corona Virus Information Service number **03 3116 5333**

You will receive instructions for testing from Omaolo-service or on the phone.

When you go to the test, wear a face mask.

Do not meet other persons before having obtained the test result. If you have the Coronavirus disease, act following the given instructions. If your state of health gets worse, call the Health Care Advice Service 03 5657 0023 (every day from 7 a.m. to 10 p.m.). In case of emergency, call 112.