

## INFORMATION ABOUT CORONAVIRUS

World Health Organization (WHO) has stated that the epidemic disease caused by coronavirus (COVID-19) is a pandemic. You are at risk to catch coronavirus disease in all parts of the world. Do not travel abroad.

More information on measures taken by the Finnish Government: <https://valtioneuvosto.fi/en>

### Precautions against Coronavirus in Taivassalo Municipality

If you suspect to have caught coronavirus disease and have only mild symptoms, it is important to rest at home. People with mild respiratory tract infection symptoms (runny nose, cough, sore throat, muscle ache or raised temperature) can safely rest at home. It is important to stay home until the symptoms go away.

Contact healthcare services only if you develop severe symptoms, such as shortness of breath, or if your condition acutely worsens (Taivassalo Health Centre 02 8451 2401, Uusikaupunki Main Health Centre 02 8451 2400 and outside office hours phone TYKS Emergency Clinic 02 313 8800). It is very important to phone always before going to doctor's office or emergency clinic.

Do not go straight to the doctor's office. You will be instructed what to do on the phone.

The Hospital District of Southwest Finland performs coronavirus tests only on the most severely ill patients, or if required, on individuals belonging to the high risk groups. If you have only mild symptoms, you are advised to stay home, and, unless your condition worsens, it is recommended that you stay home until the symptoms go away. In this manner, there will be enough resources to care for those who are severely ill.

Patients are examined at TYKS and ordered to stay isolated for 14 days preferably at home. Individuals who have been in contact with patients with coronavirus disease are ordered to quarantine themselves for 14 days at home if possible.

Coronavirus notifications of the Hospital District of Southwest Finland (in Finnish):

<http://www.vsshp.fi/fi/Sivut/Koronavirusepidemia-2020.aspx>

You are not permitted to go to work, school or day care if you are sick.

Public gatherings are limited to ten people and it is recommended to avoid spending time on public places if not necessary.

Social services will arrange catering for individuals in quarantine if it cannot be arranged in any other way. If necessary, contact Manager of Social Services Margit Rajahalme, 050 387 3353.

## Sports, Youth and Library Services

- All group fitness classes and all reservations at Sports Hall and at Nuortenkoti Hall have been canceled from 14th March until 13th May 2020
- Free time activities at school have been canceled from 14th March until 13th May 2020
- The gym is closed from 14th March until 13th May 2020
- Youth building Nuokkari is closed from 14th March until 13th May 2020
- The library is closed from 18th March until 13th May 2020. Library materials may be returned to returns box.

Information on compensations for canceled fitness classes and gym key refunds will be issued at a later date.

## Taivassalo Comprehensive School and Early Childhood Education and Care

- Children attending early childhood education and care or school need to be healthy.
- If the parents have an opportunity to care for their children at home, they should do so.
- Due to the risk of spreading coronavirus, it is a matter of great importance that sick children stay home.
- Basic education for classes 1-3 is arranged at school from 18th March until 13th May 2020. If required, classroom teaching is also arranged for children who are entitled to special education. Those parents and guardians who are able to care for their children at home will do so. The school will inform separately how remote teaching will be arranged.
- Classroom teaching for classes 4-9 is discontinued from 18th March until 13th May 2020. The school will inform separately how remote teaching will be arranged.
- If you arrive from abroad and even if you have no symptoms on arrival, we recommend that you stay home for two weeks. In that case, contact your child's teacher or day care.
- In case coronavirus infections are found at early childhood education and care or school, the entire unit may have to be quarantined. We will inform families actively.
- In uncertain situations, contact by phone Head of Education and Culture Department Susanne Laaksonen, 050 387 3397 or Manager of Early Childhood Education and Care Sanna Laakso, 044 700 4274.

## Home Help Services, Intensive Sheltered Housing, Old People's Home and Service Housing Units

Home help services, intensive sheltered housing, old people's home and service housing units are operating in the normal way for the time being.

At the moment, it is not allowed to visit in Service Centre Poiju or in old people's home Ankkuri. We ask you to use telephone to keep in contact with the elderly living in them.

Do not visit elderly people if you are sick or even if you have only mild flu symptoms. It is particularly important to avoid visiting if you have symptoms of respiratory tract infection or you have just returned from a region with coronavirus disease outbreak. Do not take a child to visit elderly people even if the child is only slightly sick.

The risk to become severely ill if infected with coronavirus is increased for the elderly or for individuals belonging to the high risk groups. The virus is more likely to cause severe symptoms for the elderly or for individuals with pre-existing medical conditions such as diabetes, heart disease or lung disease.

If needed, contact Manager of Social Work with Older People Jaana Palmroos, 050 387 3363.

## Other Services

Municipal Office operates by appointment only. If possible, use telephone or email to carry out our affairs.

Activity Centre Messi is closed from 18th March until 13th May 2020.

## How to Prevent Coronavirus from Spreading

The viruses that cause respiratory tract infections spread from person to person through small airborne droplets when an individual with an infection coughs or exhales. It is also possible to get infected by touching surfaces where droplets containing virus have landed. Even if you have only a mild respiratory tract infection, you should not go to work or use public transport or take your sick child to day care.

To prevent the spread of infections, take generally good care of hand hygiene and wash your hands with soap and water after blowing your nose, before eating, after being outside and after using public transport. You may also use hand sanitizer if you are not able to wash your hands with soap and water.

You should avoid touching your eyes, mouth and nose with contaminated hands because viruses can that way spread to your respiratory tract. You can prevent droplets from spreading by covering your mouth with a tissue when coughing and sneezing or by coughing and sneezing on your sleeve.

It is not necessary to use face mask or respirator mask unless you are working in healthcare services and caring for people with infections.

There is no significant benefit from wearing a face mask or respirator mask outside healthcare services. Masks get moist fairly quickly when you breathe and will not stop droplets and particles as efficiently as before. Also, when you handle the mask, you might contaminate the area around your nose and mouth because you get microbes to your hands from the surface of the mask.

If you are over 70 years old, you are obliged to avoid all social contacts with other people as far as possible (conditions comparable to quarantine) unless you are, for example, an elected municipal official.

When you visit municipal offices, please take proper care of your hand hygiene.

## More information

Finnish Institute for Health and Welfare:

In Finnish:

<https://thl.fi/fi/web/infektioaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19>

In English:

<https://thl.fi/en/web/infectious-diseases>

The Ministry of Social Affairs and Health (STM) has opened a national telephone service that provides people general information about coronavirus. Please note that the service does not give health advice. The service is meant for those people who are unable to access up-to-date information about coronavirus on the Internet. The service number is 0295 535 535.