

Information about the novel coronavirus: Stay at home and practice good hygiene

The City of Helsinki has made the following recommendations and decisions:

- **Avoid social contact.** Everyone should self-quarantine, if they can. This means working from home, if possible. Gatherings of over ten people are prohibited, but short trips to the shops are permitted.
- If you have to go out in public, **keep a one to two-metre distance from other people.**
- **Practice good hand and respiratory hygiene** at all times, especially if you go out in public. This means washing your hands regularly for at least 20 seconds, and coughing and sneezing into your elbow or tissue – not your hands.
- **If you have mild flu symptoms, stay home!** Many who have contracted coronavirus overcome the illness with a week's home-rest. Non-urgent social and health care services have been cut back to ensure that urgent cases can be treated. New hubs have been established at the Laakso and Malmi health care centres for coronavirus treatment only.
- If your general state of health has significantly worsened, you have had fever for a prolonged period and you have respiratory difficulties, call Helsinki City's Corona helpline. 09 310 10024 weekdays between 7am to 8pm. Other times call the Medical Helpline, p. 116 117.
- **People over 70 years of age should self-isolate entirely**, as they are at the highest risk of infection. Loved ones should communicate with them by phone or remote connections only. People bringing food and supplies to seniors should leave the items outside the door.
- **Face-to-face classroom instruction in Helsinki schools has ended and children in grades 1-12 have now switched to distance learning.**
- Parents and guardians who are able to **take care of preschool children at home** should do so. While day care centres and pre-primary education for six year olds will stay open, it is best that everyone – even children – stay home in self-quarantine, if possible.
- All of the City of Helsinki's **culture and leisure division activities will close.** This means that libraries, indoor sports facilities and swimming pools, cultural centres, museums and youth centres are closed until further notice.