

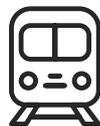
Together against the coronavirus

Follow safety distances, clean your hands often, remember coughing hygiene and use a face mask. If you have any symptoms of an infection, get tested immediately. Don't go to e.g. work, school, hobbies or restaurants. Avoid close contacts until you get your test result.



Home

If you have even minor symptoms, get tested immediately. Maintain good hand and coughing hygiene. Don't organise parties for over 10 people. Consider whether smaller parties are even necessary.



Public transport

Avoid rush hours if possible. Use a face mask.



Shops and shopping centres

Use a face mask and remember to maintain safety distances. Use hand sanitiser when you arrive and leave.



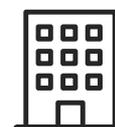
Workplaces

Do remote work if possible. Maintain safety distances and avoid close contacts. Use a face mask if necessary.



Nurseries

Use a face mask when you bring or pick up your child.



Schools and educational institutes

Maintain safety distances and remember good hand hygiene. Use a face mask in secondary schools.



Restaurants

Maintain safety distances and remember good hand hygiene. Opening hours, alcohol serving hours and the number of customers has been limited.



Public indoor spaces (e.g. libraries, museums)

Use a face mask and maintain safety distances. The number of customers has been limited in some places.



Hobbies and indoor exercise spaces

Avoid unnecessary close contacts. Use a face mask before and after the actual exercise.



Public events for over 20 people (sporting, cultural and other events)

Use a face mask, maintain safety distances and good hand hygiene. Follow instructions given by the organiser. Fewer customers than normal might be allowed.



Social and health care services

Use a face mask during the visit. Agree visits to hospitals and nursing homes beforehand.



Travelling

Follow health and safety instructions when travelling in Finland. If you have travelled in countries with restrictions, follow the quarantine instructions. Travel only if you are healthy.

Download **koronavilkku**
www.koronavilkku.fi/en

It's recommended that people over 15 years old use face masks.

Cities of Helsinki, Espoo and Vantaa, HUS and Regional State Administrative Agency for Southern Finland

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