

Coronavirus

Instructions for Turku residents



Wash your hands with soap or use hand sanitizer.



Cough into your sleeve or elbow or a single-use tissue.

Throw the tissue away after use.



Keep a safety distance of 1 to 2 metres

You may get the virus when you are close to other people, for instance when you shake hands or hug someone. If you have to be near another person, use a mask and wash your hands with soap and water immediately after meeting them.



If you have symptoms

Call the City of Turku coronavirus helpline, tel. +358 2 266 2714 and book a time slot for getting tested for coronavirus.



When you return from a trip to an area affected by the coronavirus epidemic

You must stay in quarantine for 10 days. More specific instructions can be found on the other side of this document.



If you fall ill, follow the instructions you are given

If you test positive for coronavirus, you will receive specific instructions from health care. A nurse will call you and give further instructions.

Further information: turku.fi/en/corona

Instructions for using a cloth face mask



1. Wash or disinfect your hands before putting the face mask on.

2. Make sure the cloth face mask covers your mouth, nose and chin.

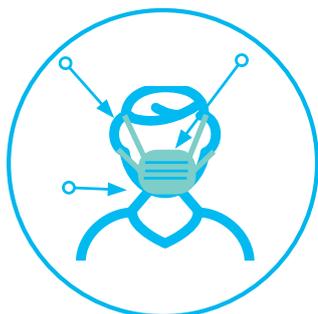
3. Do not touch the cloth face mask or place it under your chin or on your forehead during use.

4. Wash or disinfect your hands before removing the face mask. You remove the mask by seizing the strings. Do not touch the external surface of the mask.

5. Place the used mask in a plastic bag or directly into the washing machine.

6. When you remove the cloth face mask, you must wash it before using it again. Also replace the face mask with a new one if it gets damp or dirty.

7. Wash the cloth face mask in 60 degrees Celsius always after use or boil it for five minutes in water where you have added a bit of detergent. Rinse the mask and let it dry.



Instructions for VOLUNTARY QUARANTINE

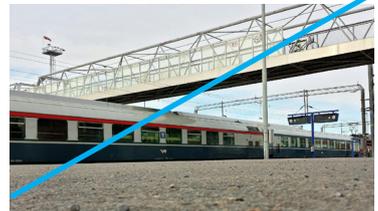
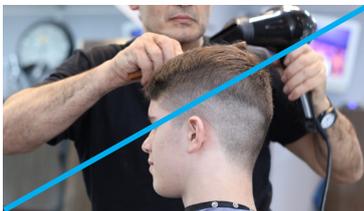
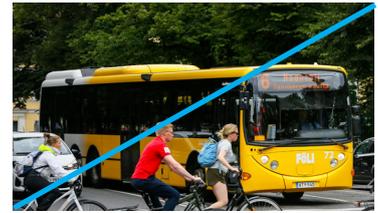
for Turku residents returning to Finland from abroad



If you arrive in Finland from a country with continued travel restrictions, it is recommended that you stay in voluntary quarantine for 10 days.

The quarantine recommendation is valid even if you have been tested for coronavirus and received a negative result. This is because the test result indicates the situation at the time of the test. A negative test result does not exclude getting infected after testing or being pre-symptomatic.

Voluntary quarantine means that a person avoids close contact with others whenever possible, and stays at home. To lower the risk of infection, you will not go to your workplace or elsewhere outside your home. Instead, you should stay home for the length of the voluntary quarantine. Discuss with your employer about what you should do during the ten days after you return home from your trip.



Engaging in essential activities is permitted. Essential activities include going to a doctor's appointment. In outside keep a safety distance of 2 meters from others.



COVID-19



Note that the quarantine recommendation is valid even if you have been tested for coronavirus and received a negative result. This is because the test result indicates the situation at the time of the test. A negative test result does not exclude getting infected after testing or being pre-symptomatic.