



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

Putting on a mask



1. Wash or disinfect your hands before touching the mask.



2. Attach the mask to your face using **the ear loops**.



3. Press the mask over **the bridge of the nose** and, with the other hand, pull the mask under **the bottom of the chin**.



4. Shape **the nose reinforcement** on the upper edge of the mask by pressing it against the bridge of the nose, so that the mask sits as tightly as possible.



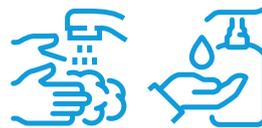
5. Ensure that the mask covers your **mouth, nose and chin**.



6. Wash or disinfect your hands after putting on the mask.

7. Do not touch the mask or pull it under your chin or onto your forehead during use.

Removing a mask



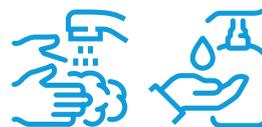
1. Wash or disinfect your hands before removing the mask.



2. Remove the mask by taking hold of its loops behind the ears.



3. Put a used disposable mask directly in the bin.



4. Wash your hands or disinfect them with hand sanitiser.



Instructions for VOLUNTARY QUARANTINE



When you arrive in Finland, a voluntary quarantine period of 10 days is recommended to you.

You can shorten the quarantine by obtaining negative results from two coronavirus tests, instructions:

As you enter the country, if you have a certification of a negative coronavirus test that is less than 72 hours old, you can apply for another coronavirus test after 72 hours of your stay in Finland;

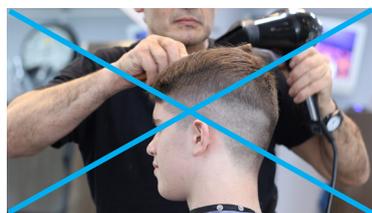
OR

You can apply for a coronavirus test immediately upon arrival in Finland and another one at least 72 hours after the first test.

Please remain in voluntary quarantine until the results of both tests have been confirmed as negative.

If the results from both tests are negative, you can stop your voluntary quarantine period.

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. Please arrange any further procedures with your employer.



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.

