



## Dear Sir/Madam,

We are writing to you with information about coronavirus, to make sure that the information you have is as accurate and reliable as possible. The coronavirus illness is known more specifically as COVID-19. In this letter we explain how you can protect yourself from getting coronavirus. We also explain what to do if you think you may have the illness.

The Government has declared a state of emergency in Finland due to the coronavirus outbreak. In this situation it is up to all of us to try to slow the spread of infections and protect those who are particularly at risk.

### **This letter contains the guidance on the following:**

- How can I help prevent the spread of coronavirus?
- What should I do if I fall ill or a family member or friend falls ill?
- What should the over-70s do to protect themselves from coronavirus?

If you have questions or need more information, please call the national coronavirus helpline on 0295 535 535. The helpline is open Monday–Friday 8.00–21.00 and Saturday 9.00–15.00. The helpline is available in Finnish, Swedish and English.

### **More information online**

Many government agencies and other authorities are recommending that you use their online services rather than visiting their offices, due to the coronavirus outbreak.

The website [Omaolo.fi](https://omaolo.fi) has a set of questions (in Finnish and Swedish) that you can answer if you think you might have become infected by coronavirus. The question sheet also gives advice on what to do.

More information about public services in Finland, including health service contact details, can be found on the [Suomi.fi](https://suomi.fi) website.

### ***Ministry of Social Affairs and Health***