

## Novel coronavirus – COVID-19

# Protect yourself and your family from infection

## Reduce the infection risk

### By good hygiene

- Wash your hands with soap often and carefully.
- Use an alcohol-based hand sanitiser if washing your hands is not an option.
- Do not touch your eyes, nose or mouth.
- Cough and sneeze into either your sleeve or a disposable tissue. Put the used tissue in the rubbish bin immediately.
- If you do not have a tissue, cough or sneeze into your sleeve, not into your hands.

### Avoid close contact with others

- Do not shake hands.
- Stay one to two metres away from other people at all times.
- Avoid large crowds.
- Avoid travel.

### By protecting your loved ones

- Do not visit hospitals or institutional care facilities.
- Avoid visiting older people or persons who are chronically ill. If the visit cannot be avoided, maintain good hand hygiene and follow the cough etiquette. Protect your respiratory tract with a disposable tissue if no face mask is available.
- If you have flu symptoms, stay at home.

The coronavirus usually causes mild symptoms that can be treated at home.

If your symptoms are mild and you are not in a risk group, rest and recuperate at home. Stay at home for one more day after symptoms have stopped. Mild symptoms include a runny nose, cough, sore throat, muscle pain and fever.

Those in a risk group should not hesitate to contact a health centre or a doctor. If you are in a risk group, phone the health centre without delay if you

- suddenly develop a fever (38 degrees or over), **and**
- you also have a sore throat and/or a cough.

Always contact the healthcare services first by phone. If you develop serious symptoms, including shortness of breath, or if your overall condition gets worse, immediately phone your health centre, emergency care services or the Emergency Assist telephone service at 116 117. Call the emergency number 112 in urgent cases only.

### Contact information

The National Telephone Advisory Service can help with general questions related to coronavirus and is available in Finnish, Swedish and English. It does not offer health advice. **0295 535 535** (normal operator fee)

### Further information

Read the latest coronavirus updates on the website of the Finnish Institute for Health and Welfare.

[thl.fi](https://thl.fi)

