

## Novel coronavirus

# Continue **to act responsibly** on a day-to-day basis



### Wash your hands with soap

Washing your hands is the best way to protect yourself from the coronavirus. Wash your hands carefully and frequently: Always before eating and when entering your home, coming from the shops, or leaving the toilet. If you cannot wash your hands, use an alcohol-based or other hand rinse approved by the chemical authority.



### Cough into your sleeve or a disposable tissue

You can prevent the spread of the virus, by covering your mouth and nose with a disposable cloth when coughing or sneezing. Throw the tissue in the trash after using. If you do not have a tissue, cover your mouth and nose with your sleeve. Use a mask over your mouth and nose if you want.



### Stay at a distance of at least one meter from others

Maintain a distance of at least one metre to other people, because the virus most often spreads from person to person when they are in physical contact. If you cannot avoid physical contact, wash your hands with soap and water immediately after contact.



### If you have any symptoms, make a symptom assessment or call

The symptoms of coronavirus include fever, cough, shortness of breath, muscle pain, fatigue, rhinitis, nausea, diarrhoea, or a sudden loss of smell and/or taste. If you have symptoms, take a symptom assessment at [Omaolo.fi](https://omaolo.fi) or call health care.



### If you are ill, follow your doctor's instructions

If you have tested positive for coronavirus, stay at home for at least 14 days. If you continue to have symptoms on day 14 or after this, stay at home until you have been symptom-free for at least 2 days. Follow your doctor's instructions.



### Take care of yourself and your loved ones

It is normal to feel concerned about the coronavirus. You can maintain your own well-being and the well-being of your family and friends by fostering good everyday routines, a healthy lifestyle and doing things that bring you and others joy.

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#### Further information

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

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

#### If you fall ill

If you have symptoms suitable for coronavirus carry out a symptom assessment at **Omaolo.fi** or contact health care by phone.