

Important things to remember during the coronavirus epidemic

Wear a mask

- in public spaces, on public transport, at public events, during recreational activities, in shops and when visiting different services
- in indoor sports facilities, except during the actual physical activity
- in upper secondary schools and universities
- in day care centres when dropping off and picking up children
- in workplaces when it is not possible to maintain safe distances, take turns using spaces or implement other arrangements to ensure hygiene and safety

All persons over the age of 15 are required to wear a mask, unless it is not possible due to health reasons.

Limit contact with other people

- Avoid large gatherings. The coronavirus has spread, for example, at parties, among groups of friends getting together, at religious events, while playing sports and while spending time in shopping centres.
- Private events of more than 20 people are not recommended.
- At public events of more than 20 people, everyone must wear a mask and only half of the venue capacity may be used. This applies to both indoor and outdoor events.

Follow quarantine instructions

- Follow the instructions you have received if you are waiting for a coronavirus test or your test results or have been exposed to the coronavirus.
- The coronavirus spreads easily and it is therefore important to protect the health of us all. Take care of yourself, your friends and family and everyone around you.

Get tested

- Everyone who has possible symptoms of a coronavirus infection will get tested.
- You can book a test appointment through the Coronabot website at koronabotti.hus.fi.
- Call Espoo's coronavirus helpline, tel. 09 816 34600 (Mon-Fri 7:00-18:00, Sat-Sun 9:00-15:00). Outside these hours, please call the Medical Helpline, tel. 116 117.
- You can also assess your symptoms at www.omaolo.fi (in Finnish, Swedish and English). You will then get instructions based on your symptoms.

Further information about the coronavirus: [espoo.fi/coronavirus](https:// espoo.fi/coronavirus)

Coronavirus instructions in different languages: [espoo.fi/coronainfo](https:// espoo.fi/coronainfo)





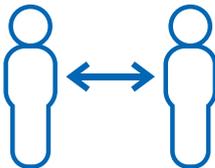
Wash your hands often. Use soap or, if necessary, hand sanitiser.



Cough or sneeze into a tissue or your sleeve.



Do not spend time around other people if you have any symptoms.



Avoid crowded places and maintain safe distances from other people. Wear a mask if you are unable to maintain safe distances.



Avoid spending time in public areas and touching surfaces (for example escalator handrails) outside your home. Infections spread easily in places that are visited by many people.