

About the coronavirus, COVID-19

According to the World Health Organization, the coronavirus is a pandemic. A pandemic is a disease that has spread to all parts of the world. The risk of being infected by the coronavirus has increased in Finland. The coronavirus is contagious if a person who has the virus is sneezing or coughing.

In Finland and Åland, there is a state of emergency. The purpose of the state of emergency is to protect the population. During the state of emergency, schools are closed. The state of emergency is until April 13, 2020, but it may be longer. Persons living in Finland should not travel abroad during the state of emergency and persons who are abroad are advised to return immediately.

Advice to the public

- Avoid traveling.
- Avoid crowds of over 10 people.
- Be careful about hygiene, especially hand washing.
- Stay at home especially with fever, colds and other symptoms of respiratory infections
- Do not visit the elderly and sick.
- Visits to elderly homes is prohibited.
- People over 70 should stay at home.

Prevent the virus from spreading

Everyone needs to help stop the virus from spreading.

Good hygiene is the best way to prevent the coronavirus and all other viruses from spreading.

- Wash your hands frequently and thoroughly with soap and water. If you are not able to wash your hands, use hand disinfection.
- Cover your mouth when coughing or sneezing. For example, use a handkerchief or the inside of your arm. Do not cough or sneeze in your hand. Stay at least one meter away from someone who coughs or sneezes.
- Do not shake hands when greeting someone.

If you have traveled outside of Åland

If you have traveled outside of Åland and are healthy and symptom free:

- All persons returning from abroad must be in quarantine for two weeks according to the Finnish government. The Åland government recommends a quarantine of 14 days, even after trips to other parts of Finland. Plan alternative work arrangements together with your employer.

**Government of Åland - Information Phone,
tel. 018-25 572 and 018-25 573**

- the information line for questions relating to the measures taken as a result of the state of emergency;
- The info line is open on weekdays from 8 am to 8 pm.

Current information and links can be found on the Åland government website: www.regeringen.ax

Symptoms of the coronavirus

The symptoms of the coronavirus are often mild. Some people have more severe symptoms. In this case, they usually have had some other illness as well, such as asthma or heart disease.

Symptoms you may get from the coronavirus:

- fever
- muscle pain
- coughing
- difficulty in breathing
- fatigue

If you get sick

For mild symptoms

when you would not normally seek care:

- Stay at home until you have been symptom-free for two days, inform your employer.
- Discuss with your employer to see if working remotely from home is possible.
- Avoid going in to see a doctor or calling the coronavirus hotline.

For moderate symptoms

where you would normally go to the health center for a medical certificate:

- Stay at home until you have been symptom-free for two days.
- If necessary, call us if you are not feeling well, at the coronavirus hotline, tel 018-535 313.

In severe symptoms

for example, when you have high fever and shortness of breath:

- Daytime: call the coronavirus hotline, tel. 018-535 313.
- Evening hours: call the emergency room, tel. 018-5355.
- Do you need urgent help? Call 112.

ÅHS Coronavirus hotline, tel. 018-535 313

- Open on weekdays at. 8-16 and weekends at. 9-16 for persons with moderate or severe symptoms.
- answers your questions regarding the coronavirus, symptoms and care.
- you can also call the general medical information hotline tel. 018-538 500.
- In case of emergency problems call tel. 112!

You will find current information and links on the ÅHS website: <https://www.ahs.ax/>