

The Coronavirus – Up-to-Date Information on Public Health

24.3.2020

If possible, fill out the coronavirus survey online

<https://www.omaolo.fi/palvelut/oirearviot/649> (in Finnish). You will be instructed what to do on the basis of your symptoms.

Those who have contracted the coronavirus have exhibited the following symptoms:

- fever
- cough
- sore throat
- trouble breathing
- muscle pain
- headache

The human-to-human transmission of the virus occurs primarily in close contact via touch or droplet infection. The estimated incubation period, or period from exposure to first symptoms, is 2-12 days with the average period being 4-5 days.

If your symptoms are mild – stay at home

If you fall ill with a respiratory infection and you do not belong to a high-risk group (you do not have a chronic illness or a condition that hinders the operation of your immune system, for example), you do not have to contact a health centre. For most patients, treatment for a virus disease is symptomatic.

You can treat your symptoms with adequate rest, pain medication and by staying hydrated. You may contact a health centre if your condition deteriorates to the point that treatment at home is no longer enough.

If your symptoms require treatment

Symptoms of an upper respiratory tract infection that require treatment and a doctor's assessment are:

- weakened overall condition
- a clearly extended fever period
- trouble breathing

If you cannot manage solely on home treatment, call Karviainen's corona hotline:

tel. 044 722 3222 (on weekdays 08:00-16:00)

tel. 044 731 9157 (on weekdays 08:00-16:00)

tel. 044 720 8195 (on weekdays 08:00-16:00)

Or call the call-back system of the health centres from 08:00-16:00 (Nummela, tel. **09 4258 2400** and Karkkila tel. **09 4258 2200**).

Please do not come to the health centre with respiratory symptoms without an appointment.

At other times call the on-call health service, tel. **116 117**. In case of emergencies call **112**.

Instructions for persons over 70 years of age

Karviainen has an instruction hotline for persons over 70 years of age: tel. 09 4258 2945 on weekdays 09:00-15:00. The hotline offers instructions and guidance for arranging everyday life in this exceptional situation. Contact the hotline if you have trouble with getting groceries or pharmacy services, for example, or if you need other advice or guidance regarding everyday life during the coronavirus epidemic that is not related to health. People who are over 70 years of age are at high risk for the coronavirus and they should remain in quarantine-like conditions until 13.4.2020.

Not everyone will be tested for the coronavirus

With suspected infections, samples are now primarily taken only from patients who are at the hospital emergency room with suspected pneumonia that has no apparent cause. Furthermore, testing among healthcare staff is mostly being limited to emergency room workers.

All persons with a respiratory infection and possible exposure to the coronavirus must stay at home for a period of at least one week after the first symptoms have appeared. If the symptoms persist for longer than that, you must stay at home for the duration of the symptoms plus one additional symptom-free day.

The number of available non-acute nurse appointments is limited. You can see a doctor if necessary. We are keeping patients with respiratory infections separated from others at both health centres so it is safe for you to come in for a scheduled regular appointment. We have been able to respond to people's calls at a high rate, but please remember to wait for your turn. Visits to the wards are still prohibited.

People returning from abroad

People who are returning from abroad must stay in quarantine-like conditions for a period of two weeks. Healthcare professionals may only write absence notes for reasons related to illness. An absence resulting from quarantine-like conditions is a matter that is to be solved between an employee and their employer.

Protect yourself and your loved ones

Everyone can delay the spreading of the coronavirus with their own behaviour. Avoiding and reducing social contacts is now also important for healthy individuals. This slows down the spreading of the epidemic. Avoid crowds and maintain a minimum distance of one metre between yourself and others.

Maintaining contact with loved ones is crucial because the exceptional circumstances may cause worry. However, everyone should avoid visits in person. Call your friends and relatives, ask how they are doing and catch up.