

Brief information on the coronavirus, covid-19

Together we can stop the virus. But this requires that we all adhere to the following rules:

- Wash your hands often and with care using soap and water. If you don't have the opportunity to wash your hands, use hand sanitizer.
- Do not touch people you meet.
- Keep a distance of at least 2 meters to others.
- Limit your contact with other people.
- Cover your mouth with your arm when you cough or sneeze.

Always stay at home when you are ill, even if your symptoms are mild. To book a corona test, contact the Åland Central Hospital in Mariehamn by telephone: +35818535313. The test is free of charge.

Recommendations from the regional Government of Åland

- Use a protective mask that covers your mouth and nose while visiting public indoor spaces and public indoor events. The recommendation applies to everyone over 15 years of age. This is especially important when close contact may not be avoided. Remember to keep your distance to others even when you are wearing a protective mask.
- Everyone over 12 years of age is recommended to wear a protective mask when travelling onboard buses and ferries.
- If you can work remotely from your home, please do.

QUARANTINE

Quarantine entails that a healthy person who may have been infected by the virus stays at home and avoids all contact with others, except with the people possibly sharing the residence.

On Åland, we have two types of quarantines:

1. The voluntary quarantine, which is a recommendation:

-The voluntary quarantine means that you should stay at home and wait for the results after you have taken a corona test. You will receive a text message if you have not contracted the virus. If your test result is positive, which indicates you do have covid-19, the hospital will call you and give you additional information and instructions. You will also receive important instructions by post. Make sure you request a translation of the material in case there is anything you do not understand.

-Voluntary quarantine also applies to persons who return from travels outside of Åland. If you have been away, you should stay at home for seven days after your return.

2. Quarantine and isolation after a call from the hospital

If the hospital calls you and tells you that you are in quarantine, you must follow their instructions and stay at home even if you feel well.

People who do not comply with the instructions and break their ordered quarantine may face a fine or a jail sentence of up to three months – even if they have not infected anyone with the virus. If you do not understand the instructions given by the hospital staff, you can ask for an interpreter or that they explain the instructions again in more detail. A quarantine ordered by the personnel at Åland Central Hospital always means that you must stay at home.

The infectious disease specialist at ÅHS may order your quarantine or isolation if:

- Someone infected with covid-19 has told them that they have met you, and a medical doctor considers you to be at risk of having contracted the virus.
- In this case, the quarantine duration is 14 days and cannot be shortened by taking a corona test. If one family member is in quarantine and develops no symptoms, the rest of the family may carry on as usual. This, however, changes in case the quarantined person develops any symptoms or falls ill.
- If you are infected with the covid-19 virus, you will be isolated and must try to avoid having contact even with family members. Your isolation time will be determined by a medical doctor. Medical personnel at the Åland Central Hospital will be in contact with you to check your condition regularly.
- If several family members are infected by covid-19, the quarantine time is determined by a medical doctor and may vary from 3 to 4 weeks.

During quarantine, you

- May only meet the people who you live with.
- May not invite visitors to your home.
- Should sleep in separate bedrooms if possible. Make sure your rooms are well ventilated.
- Wash your hands often and well and keep your distance to others.
- You may go outside if you can keep a distance of at least two meters to other people.
Do not go to places where there is a risk of crowds.

A person who is quarantined and develops symptoms must do a corona test. While waiting for the test result, it is highly recommended that the whole family of the person in question stay at home in voluntary quarantine. In such cases, remember to inform schools and workplaces of your situation. If the test result is negative, family members can carry on as usual. **The person in question is, however, still quarantined.** If the test result is positive, the regional hospital will order the quarantine of all family members.

When the Åland Central Hospital has ordered you to stay in quarantine, it is considered breaking the law to, for example:

- Visit your workplace, school or daycare
- Visit other public places, hobbies, and so on.
- Ride on buses or ferries
- Invite people to your home or visit others in their homes
- Meet other persons or families who are in quarantine.

Symptoms of covid-19

If you have become infected with the covid-19 virus, you may fall ill 1 to 14 days from the time of contraction. Most often, however, infected persons fall ill in 4 to 5 days. If you are infected with corona, you might experience one or several of these symptoms:

- Higher than normal body temperature or fever
- Cough, runny nose
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell

You may also experience headaches, extreme fatigue, muscle aches, nausea, vomiting or diarrhea.

If you experience (even very mild) symptoms of covid-19, call the regional medical authority ÅHS.

Always contact the health care services by telephone prior to visiting the hospital.

Book your visit by calling the ÅHS Corona line at +358 18 535 313.

- The corona line is Open on weekdays 8 am to 4 pm and on Saturdays, Sundays and holidays from 9 am to 3 pm.
- In acute cases with severe symptoms, call 112!

If you have general questions about the orders and recommendations that currently apply on Åland, call **the regional government's information line** at +358 18 25572 or +358 18 25573. The information line is open on weekdays from 10 am to 12 pm and from 1 pm to 3 pm.

You can also contact the information line by sending e-mail to infotelefon@regeringen.ax or you can read more on the regional government's website at www.regeringen.ax, where the corona information can be found under the tab in the upper right hand corner. An automatic translation button is available on the far right on the page.

In accordance with the Communicable Diseases Act, The Regional Government has decided to:

- Keep all secondary schools, grades 7 through 9, closed, until March 12th 2021 and to
- Forbid all public events and gatherings until March 14th 2021.

In addition, the following recommendations from the regional government apply until March 14th 2021:

- Cancel all organized leisure activities for children and youths. This applies to both indoor and outdoor activities.
- Avoid all unnecessary visits to stores as well as private and public services.
- Avoid all visits to libraries, museums, dance locales, amusement parks, indoor play parks, gyms, swimming pools and other indoor sporting facilities.
- Restrict the number of people working in indoor spaces, with client meetings or public spaces, to half of the usual number.

- Do not arrange private events.
- Upper secondary school/high school as well as universities and independent providers of education may only carry out distance education.