

Bulletin 25 August 2022

Please read the operating guidelines for families with children in Nurmijärvi dealing with corona

According to a bulletin published by Keusote, the number of corona cases in our region has slightly decreased over the past few weeks, but nevertheless, the coronavirus is still circulating amongst us. This bulletin sets forth guidelines for families in our region dealing with the coronavirus. We can all take care of our own health and that of our loved ones by following the currently recommended guidelines.

When you notice that your child has corona symptoms

When you notice that your child has symptoms that indicate a viral infection, Keusote and Nurmijärvi municipality recommend that the child does not go to school or daycare. If the symptoms of the viral infection are mild, the child can simply be monitored at home without getting tested, regardless of whether the child has received any corona vaccinations.

Symptoms are considered mild if the child's general condition is good, even if the child has a runny nose, cough, or fever. The general condition of a child with fever can be assessed when the child has taken fever-reducing medicine.

Children with no symptoms may go to school and daycare

Asymptomatic children may go to school or daycare even if another family member has symptoms and has received a positive result in a home test or at the health centre.

When can the child go back to school or daycare after having corona?

If a child has received a positive result in a home test or health centre corona test, they can go back to daycare or school when at least five days have passed since the onset of the symptoms, and the fever has disappeared and the other symptoms have clearly decreased and stayed low for at least two days.

Get the recommended vaccinations

Vaccinations provide good protection against serious coronavirus disease. There are plenty of available vaccination appointments.

[Read about corona vaccinations in the Keusote area](#)

Wear a face mask and keep a safe distance to others at your own discretion

Children may use a mask at their own discretion. Keusote recommends using a mask especially when

- you are seeking treatment or a test because you suspect that you have corona
- you have symptoms of a respiratory infection, but you have to leave home
- you know that you have been exposed to the coronavirus, for example there has been a case in your family, but you cannot avoid close contact with others outside your home.

certain types of masks also protect the person wearing them to some extent.

Unvaccinated people over the age of 15 and anyone who is at risk of serious corona disease should consider using a mask that also protects the wearer effectively. Those in risk groups should consider wearing a mask, even if they are fully vaccinated

Wash your hands and cough into your sleeve

Wash your hands often with water and soap. Make sure that you keep washing your hands for at least 20 seconds. Also remember to dry your hands properly. Instruct your children to wash their hands.

If you cannot wash your hands, use an alcohol-based or other hand sanitizer approved by the Finnish Chemicals Authority.

Do not touch your eyes, nose or mouth unless you have recently washed your hands. Cough and sneeze into a disposable tissue and immediately throw the tissue into a rubbish bin. If you don't have a tissue, cough or sneeze into your sleeve, not into your hands.

Corona testing

You or your children will not need to contact the health centre or, in most cases, get tested at a health centre if the symptoms are mild and the general condition of the patient is good. However, Keusote strongly recommends that you voluntarily avoid contact with others for at least five days.

Get tested for coronavirus at a health centre if you have symptoms suggesting that you have a coronavirus, and, in addition,

- you belong to a risk group for severe coronavirus disease due to age (over 60 years old, especially over 70 years old), pregnancy, illness or medication, or because you have an increased risk of a stroke, or
- a healthcare professional has recommended you get tested, or
- your symptoms are severe and getting a diagnosis to apply the right treatment is a medical need