

Notification of the use of facemasks and distribution to the poor

A face mask is one method to prevent the spread of coronavirus infections. It is of primary importance to maintain 1-2 meter social distancing whenever possible, to wash hands, cough in one's sleeve or in a disposable handkerchief, as well as to avoid touching the face.

The objective of the face mask recommendation of the Finnish Institute for Health and Welfare is to protect fellow people from possibly being exposed to being infected with the coronavirus. A face mask is not suitable for children. The proper use of a mask is possible starting at the age of fifteen.

A cloth mask is sufficient for protection. The City of Kerava will assist in such a way that masks can also be distributed free of charge to people in the most vulnerable status and will instruct in their use.

The use of a mask is recommended in the following situations and for the following persons:

- In mass transit in which it is not always possible to avoid close contact.
- Persons who are taking a coronavirus test on their way to taking the sample and before receiving the results, if there is an unavoidable reason to move about outside the home.
- Travelers returning to Finland from at-risk areas who transfer from the entry point to quarantine or if they have an unavoidable reason to move about outside their home during the quarantine.

A face mask may also be used, according to the recommendation of the local authorities, in other situations in which the avoidance of close contact is not possible.

Cooperation for distribution of masks in Kerava:

In principle, each citizen is responsible for his or her own use of a mask, the purchase of masks, and the cost resulting from this.

No one's financial situation must not form an obstacle for following the recommendations, however. The City of Kerava offers the distribution of cloth masks to such persons who are not able to purchase masks because of their poor financial situation.

The City of Kerava is cooperating closely with organizations and the third sector for the distribution of masks. Distribution points in Kerava where it is possible to receive cloth masks are:

- The City of Kerava's Social Work (Kultasepäntätkatu 7, 3rd floor) Distribution in conjunction with client meetings.

- Polku, Finnish Red Cross (Kuparisepänkatu 3) daily 9:00 AM -1:00 PM.
- The Pentecostal Church's food distribution point (Kuparisepänkatu 6), in conjunction with food distribution Monday and Thursday 12:30-1:30 PM.
- The Evangelical Lutheran Church (Papintie 2-6), ordering a mask by calling on Tuesdays and Thursdays 9-10 AM to the diaconal workers, tel. 0400 378138.
- City Church (Asemanaukio 7), Fridays 9-11 AM.

Check list for mask use

- Try different masks so that you will find a model that is suitable for your face and through which you can breathe.
- Have as many masks with you that you will need during the day.
- Have a bottle of hand disinfectant and extra masks if needed to change them..
- Wash or disinfect your hands before you put on a new or clean mask.
- Put the mask on your face in good time before getting on transportation.
- Make sure that the mask sits on your face tightly, covering the mouth, nose and chin.
- Do not touch the mask or move it under your chin or on your forehead when using it.
- If you touch the mask during its use, wash or disinfect your hands before and after touching it.
- Do not put on a used mask again.
- Change a mask for a new one if it becomes wet or dirty.
- Remove a mask with cleaned hands by grabbing it by the strings. Do not touch the outside of the mask.
- Put a disposable mask straight into a rubbish bin after use, and a reusable mask into a plastic bag or straight into the washing machine.
- Wash or disinfect your hands after removing the mask.
- Wash a cloth mask in 60 degrees always after use or boil it for five minutes in water in which a little detergent has been added. Rinse the mask and dry it in fresh air.
- The Finnish Institute for Health and Welfare's video instructions for mask use <https://www.youtube.com/watch?v=TEyRtvIJqII&feature=youtu.be>