

Important information about the coronavirus for parents and families

Many schools in Finland are closed but studying continues. This is not a holiday! Children study from home.

Even though your child is at home, the teacher teaches them. You can get information about teaching through Wilma or by phone.

If you do not have a smartphone, a computer or a tablet computer (for example an iPad) at home, tell the teacher. You and your child can borrow a tablet or a laptop computer from the school for schoolwork. Talk with the teacher about this.

If your child does not get lunch at home, they can get a snack bag from the school. To get snack bags, sign up through Wilma or call the school.

If you need help with your child's matters, call your child's teacher, the school secretary or the principal.

Who studies at school?

Your child should study from home. If you are unable to keep your child at home, pupils in grades 1–3 and pupils in preparatory education can come to school. Only some schools are open. Teaching is organised in a school that is open. It may not be your child's own school.

If your child has received a special support decision or if you are unable to keep your child at home, your child can go to school.

Tell the teacher if your child needs to go to school to study.

What should I do if I feel ill?

If you are ill or if your child is ill, do not take your child to the day care centre or school.

Do not go to work if you are ill!

If you are not sure if you are ill, do not take your child to the day care centre or school.

If an adult or a child has come to Finland from abroad, the child cannot go to the day care centre or school for two weeks (14 days).

If your symptoms are mild, stay at home and rest. You do not need to contact a health centre. Stay at home until your symptoms have gone away.

Call your health centre if you have symptoms for a long time, your symptoms become serious or you have shortness of breath.

Contact information of health centres in Espoo:

- Telephone service of Espoo's health centres, tel. 09 816 34500, Mon–Fri 7:00–18:00. espoo.fi/healthcentres
- Oma Lääkärisi Espoontori, tel. 09 855 4303, Mon–Fri 8:00–16:00
- Oma Lääkärisi Matinkylä, tel. 09 855 4100, Mon–Fri 7:00–18:00
- Book a video appointment with an on-call nurse: call tel. 09 816 34500
- In the evening, on Saturdays and Sundays: call tel. 116 117 (when health centres are closed)

How to keep your family healthy:

- Keep your hands clean.
- Always wash your hands when you come to school or home and before you eat.
- Use liquid soap and warm water to wash your hands.
- If you cannot wash your hands with water and soap, use hand sanitiser (alcohol-based hand disinfectant).
- Do not touch your face around the mouth and nose unless you have just washed your hands.
- Cough or sneeze into your upper arm or into a tissue. Put the tissue immediately in the bin.
- The Finnish Government has decided that groups of more than 10 people cannot be together outside of their home. Do not go to a shopping centre or the city centre unless it is very important.
- Call your friends on the phone or through WhatsApp. Do not meet them!