

COVID-19 INFO FOR KAINUU TOURISM



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CLEANING AND MAINTENANCE

You can find more detailed instructions from the Finnish Institute of Occupational Health website:

<https://www.ttl.fi/en/cleaning-guidelines-for-the-prevention-of-covid-19-infections>

- **PROTECTION:** Protect yourself when cleaning. If possible, wear easy-to-clean work clothes and shoes as well as protective gloves. Gloves in particular should be disposable whenever possible. Other protective equipment, such as an additional jacket or apron, face mask/shield, or eye protection, may be used as needed (for example when cleaning spills / drops or when cleaning the premises of a COVID-19 infected person). During the execution of the work, one should also remember to follow the general corona guidelines, such as keeping safety distances. This should be taken into account e.g. when planning the work schedule.
- **CLEANING FREQUENCY:** When planning cleaning routines, take into account who and how many people are using the space and plan cleaning frequency accordingly. For example, public spaces or other common areas should be cleaned more often (at least daily) than those with more limited use. It is especially important to clean surfaces that are in contact with several people regularly (for example door handles).
- **DETERGENTS:** Use standard cleaning agents such as a weakly alkaline detergent, a disinfectant all-purpose detergent and, if necessary (for example when cleaning reusable cleaning gloves or COVID-19 infected person's premises) a disinfectant (Note! Excessive use of disinfectants should be avoided as it increases the risk for developing resistant microbes.)
- **EQUIPEMENT:** It is important to keep the cleaning equipment clean. For example, use disposable cloths if possible, especially in dirty areas (for example when cleaning the living area of a COVID-19 infected person). Reusable equipment should be washed in at least 60 °C or using a disinfectant.
- **AFTER CLEANING:** It is important to wash your hands thoroughly after and, if necessary, during cleaning. Work clothes should not be taken home.
- **TIPS FOR DISINFECTION:**
 - Disinfection can be performed using, for example, an alcohol, hydrogen peroxide or chlorine-containing disinfectant. The concentration of disinfectant depends on the substance and the application. Therefore, read the manufacturer's instructions and test before use whether the disinfectant and / or its concentration is suitable for the surfaces and materials you are disinfecting.
 - Examples of cleaning agents (links in Finnish):
 - **Program service equipment that cannot be cleaned mechanically:** For example Kemvit KW. (Spray and leave on for 2 minutes.)
<https://kemvit.fi/Resources/Persistent/f8ebb5924902983febb4c352526e7b6305f74df7/KW%20Desinfektion.pdf>
 - **Disinfecting an entire room:** Kiilto Nocospray 2 Suurtehosumutin
<https://www.kiilto.fi/tuote/nocospray-2-suurtehosumutin/>
 - **For disinfecting laundry:** For example add Erisan Oxy+ <https://www.kiilto.fi/tuote/erisan-oxy/> to normal detergent or use OMO Professional disinfecting detergent
<https://www.proformula.com/fi/valitse-tuote/omo-professional-desinfioiva-pyykinpesujauhe/>.

SUSPECTED COVID-19 EXPOSURE

- **THE CUSTOMER** is referred to public healthcare. Further information on how a tourist should act when he or she suspects of COVID-19 exposure or has symptoms of the disease can be found in Finnish and English on the Kainuun sote website <https://sote.kainuu.fi/koronainfoa-matkailijoille>. English instructions are at the end of the document "[Koronatietoa matkailijoille information for visitors in Kainuu](#)".
- **THE STAFF MEMBER** is referred to occupational health care or public healthcare.
- **GENERAL INFORMATION ABOUT COVID-19 TESTS** in Kainuu (applies to all people traveling and living in Kainuu).
 - **BEFORE THE TEST**, a symptom assessment is performed in Omaolo or by contacting Medical Helpline number 116117.
 - **TEST can be taken at the local health center by appointment from Monday to Friday:**
 - Kajaani, see below the telephone number of the Drive-In test station in KAKS (Kainuu Central Hospital). The test station is open also at weekends
 - Kuhmo 08-6156 5635
 - Sotkamo 08-6156 5009
 - Suomussalmi 08-6156 6200
 - Limited testing times: Hyrynsalmi (08-6416 6200), Paltamo (08-6156 5322) ja Puolanka (08-6156 5226)

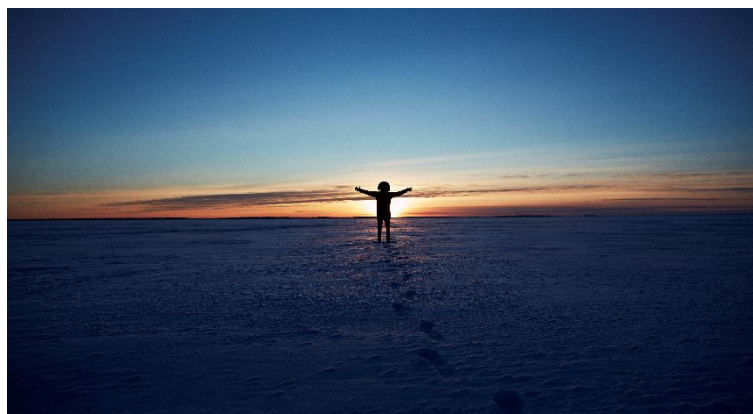
ALL WEEKDAYS Drive-in test station at Central Hospital (KAKS) (Sotkamontie 13, Kajaani), call +358 40 165 0020 (only booking of sampling times; they have also callback service).

 - COVID-19 coronavirus testing, which is performed at the health stations of Kainuun sote is free of charge for the patient (does not apply to exit from country tests).
 - **TEST RESULTS** are reported via SMS. The result will also be available (with delay) in Omasote in Kainuu and My Kanta for all Finns. These both are internet-based data services.
 - **A mask should be worn when visiting THE TEST STATION and after the test. Test results have to be waited at home / accommodation without exposing other persons.**
 - In any urgent or life threatening emergency, call the emergency number 112.
 - **MORE DETAILED INSTRUCTIONS** and **FURTHER INFORMATION** can be found at <https://sote.kainuu.fi/en/covid-19>.
- **TAKING A TAXI** is allowed, but possibility of COVID-19 infection should be mentioned when ordering, so that the driver can prepare for the necessary additional measures. More information can be found in the corona instructions issued by the Finnish Institute of Occupational Health for the transport sector: <https://www.ttl.fi/en/guidelines-for-preventing-the-spread-of-the-covid-19-infectious-disease-in-passenger-traffic-in-the-logistics-industry/>

Until a test result is obtained, the **ACCOMMODATION** (room or cottage) of a customer **SUSPECTED COVID-19 INFECTION** should be treated like the accommodation of a coronary patient, and this should be taken into account especially in cleaning and property maintenance measures.

IDENTIFIED COVID-19 INFECTION (CUSTOMER/STAFF MEMBER)

- **If a staff member or customer is diagnosed with a COVID-19 infection**, they should follow the instructions given by the health care professionals treating them. More information for people with COVID-19 infection can be found on the website of the National Institute for Health and Welfare (THL) <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/symptoms-and-treatment-coronavirus/treatment-of-coronavirus-and-instructions-for-the-infected> about e.g. returning to work after illness.
- **Communication:** Please, do plan in advance to whom (e.g. customer service staff, cleaners and maintenance staff; customers) and how to tell about infections. Pay attention to the patient's privacy policy (<https://tietosuoja.fi/en/-/tietosuoja-ja-koronaviruksen-leviamisen-hillitsemisen>). The data protection ombudsman's answers to some frequently asked questions related to the corona are compiled on the website <https://tietosuoja.fi/en/coronavirus-covid-19>.
- **Quarantine and isolation** are described on THL's website: <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/transmission-and-protection-coronavirus/quarantine-and-isolation>. The site contains more detailed information on voluntary and official quarantine, as well as e.g. how to act if any of the family members is quarantined.
- When performing property **maintenance work on premises of persons infected** with a COVID-19 infection or in quarantine, the guidelines of the National Institute of Occupational Health can be applied: <https://www.ttl.fi/en/guidelines-to-the-service-industry-for-preventing-covid-19-infections/>. In the case of maintenance work, it is recommended that only necessary actions are carried out in such a situation. Work safety can be improved e.g. by asking the infected person to move to a space other than where maintenance is performed, if possible.
- **Instructions for special cleaning in the living quarters of a person infected with COVID-19** can be found at: <https://www.ttl.fi/en/cleaning-guidelines-for-the-prevention-of-covid-19-infections/>. In addition to the basic cleaning, the disinfectant is also used e.g. on contact surfaces in addition to sanitary facilities. The guide also explains, how to deal with cleaning waste and washing textiles (e.g. towels and bed linen).



FINNISH INSTITUTE OF OCCUPATIONAL HEALTH COVID-19 GUIDELINES

- **Finnish Institute of Occupational Health's COVID-19 guidelines for the service sector:**
<https://www.ttl.fi/en/guidelines-to-the-service-industry-for-preventing-covid-19-infections/>.
The guide describes how to act in customer service situations to avoid infections, what kind of protective equipment can be used and how the customer can be instructed to act in these situations, and what restaurants and property management are recommended to consider during a corona epidemic.
- **The Finnish Institute of Occupational Health's instructions for companies:**
<https://www.ttl.fi/en/fioh-guidelines-for-workplaces-to-prepare-for-the-coronavirus-epidemic/>
(occupational safety, risk assessment, communication, cleanliness, means of organizing work, protection, risk groups, employee illness, quarantine, travel, etc.)

ADDITIONAL INFORMATION

- **Extensive collection of information of COVID-19 pandemic at THL's website:**
<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates>. Regularly updated information and news for example on vaccination.
- **THL's Material Bank in English, Swedish and Finnish** contains material related to the COVID-19 pandemic. The material is suitable for printing and electronic communication (main page in Finnish): <https://thl.fi/fi/web/infektioaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19/materiaalipankki-koronaviruksesta>. Below are a few picks from the page content:
 - Illustrated hand washing instructions <https://aineistopankki.thl.fi/l/jbZNxGVSvHhq>
 - Posters in different languages related to safety distance, masks, handshakes and coughing. These can be placed on display, for example in customer service rooms and by dining room doors. <https://aineistopankki.thl.fi/l/Hp8H7DC-bk5g>.
- **THL's travel instructions and recommendations:** <https://thl.fi/fi/web/infektioaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19/matkustaminen-ja-koronaviruspandemia/matkustajaohjeet-eri-kielilla>. Instructions can be found in English, Estonian, Norwegian, Swedish, Sami and in "easy Finnish".
- **The Ministry of Economic Affairs and Employment** has collected some information about COVID-19 pandemic on their web pages including travel within Finland <https://tem.fi/en/travel-in-coronavirus-situation>
 - **The page provides a summary of requirements and practical instructions for restaurants, cafes, hotels and other accommodations.**
- **Traffic light model to help in the assessment of risks associated with foreign travel** can be found on THL's web pages <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic/traffic-light-model-to-help-in-the-assessment-of-risks-associated-with-foreign-travel>
 - More detailed information about **cross-border traffic during pandemic** on the Finnish Border Guard web page: <https://raja.fi/en/guidelines-for-border-traffic-during-pandemic>