

Instructions regarding Corona-virus (Porin Taitoluistelu Ry)

10.3.2020

- Be sure to remind the children to wash their hands regularly to maintain good hand hygiene
- There are no known Corona (COVID-19)-infections at the moment in the Satakunta-area but it is beneficial to understand that people travel constantly also domestically and the infection risk might be accurate anywhere
- Corona-virus places a risk for traveling abroad depending on the travel destination
- If your family is traveling abroad, please be in contact with the club before rejoining back to the training lessons. Same drill if a parent has been traveling abroad in a country where there is an increased virus risk
- Club contact to discuss with and for more information:
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- In abroad travel cases, let's agree together when it is a safe time to rejoin back to the team training
- The virus incubation period is estimated to be 2-12 days, symptoms start to occur after 5 days from exposure
- Even though the risk for exposure and infection is minimal, we need to be prepared to avoid it just in case

FROM FINNISH INSTITUTE OF HEALTH AND WELFARE

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At the beginning of the year, an epidemic caused by the new coronavirus COVID-19 began in China. So far, approximately 110,000 infections have been diagnosed worldwide.

Epidemic areas

- The epidemic area currently covers **mainland China, Iran, South Korea, Italy, ski resorts in Tyrol, Austria and the state of North Rhine-Westphalia in Germany**. The situation is nevertheless subject to ongoing assessment.

When travelling to the epidemic area, always follow good hand hygiene. Avoid in particular:

- close contact with people that have a respiratory infection
- markets which sell live and dead animals for human consumption
- close contact with wild animals, domestic animals and livestock or with their excretions or droppings
- uncooked or poorly cooked meat, unpasteurised milk products and products containing these, unwashed fruit and vegetables.

If you suspect that you have contracted coronavirus, follow these steps:

If you have travelled in the epidemic area of the novel corona virus and are experiencing sudden symptoms of a respiratory tract infection such as fever, cough or shortness of breath within 14 days of leaving the region, please contact your health centre by phone.

Best Regards,
Board of Porita ry