



ENGLISH 14.2.2021

CORONAVIRUS INFORMATION UPDATE: RECOMMENDATIONS AND RESTRICTIONS 14.2-14.3.2021

Coronavirus information update 11.2.2020 at 16:00. Recommendation and restrictions 14.2 - 14.3.2021

Generally

The corona virus pandemic situation in Meri-Lappi area is accelerating. The focus of the epidemic in Meri-lappi area remains in Tornio. The situation in Haparanda is difficult. Restrictive and protective measures shall be aimed at limiting the spread of the epidemic and preventing its uncontrolled spread within the community. The Länsi-Pohja hospital district is currently among the worst hospital districts in Finland in terms of the disease situation.

Recommendations

1. It is strongly recommended to wear face mask in all situations where there are not possibilities to keep safe distance.
2. It is strongly recommended that private and third sector operations, religious communities should not organize gatherings with more than 10 people at this this moment. Gatherings of less than 10 people should follow the general mask and safe distancing recommendation.
3. We appeal to the residents to refrain from organizing all kinds of indoor parties and events until further notice.
4. It is recommended to withdraw all unnecessary work and leisure trips. Travels should be avoided especially to those areas where the virus situation is severe, including travel within Finland. Travels to Haparanda and Sweden should be avoided.
5. It is recommended that people over the age of 70 avoid close physical contact whenever possible at their own discretion.
6. It is strongly recommended that all kinds of competitions, show performances and trips related to such activities will be cancelled for youth and adults.



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7. In public transport services, it is recommended that all passengers over the age of 18 wear a respiratory protection mask.
8. It is recommended that guardians wear masks indoors in early childhood facilities when dropping off and retrieving their children.

Restrictions on services and opening hours

9. It is possible to meet the residents of service homes outdoors, keeping physical distance and face protection. Visitations should and must be agreed in advance with service homes management. There should not be more than two visitors at the same time.
10. Indoor programs group activities organized by the city will be suspended, for all groups over the age of 18 year. It is also recommended that other organizations in the city do the same.
11. Kemi city organized programs will be cancelled and public programs or activity with over 10 participants indoors is prohibited. (Lapin AVI / 50/2021) Groups and companies should do the same.
12. Concerts, musical and theater performances are cancelled in this interval. The library is operating with a limited and special protective measure for the purpose of only borrowing material.
13. There are restrictions to the following activities/services or suspended.
 - Clients services in the city building suspended. Important services will be arranged with an appointment.
 - Day hospitalization services and day services are closed. Activities will be implemented at home.
 - Sauna programs will be restricted.
 - Group intervention and interval treatment in Apila
 - Family support activities
 - Leipätehdas activity center
14. Kemi city's indoor sports venues will be on a temporary break from those over 18 years of age. Groups and companies should do the same. People under the age of 18 should consider the following in their hobbies.
 - The use of changing rooms in sports facilities is not recommend.
 - Participants are recommended to enter the gym preferred equipment and staying in the locker room will be authorized. Participants are likewise encouraged to use their own washing facilities.





- Only 10 people can stay in locker room at same time.
- Each exercise facility will specify the number of participants allowed at the same time.
- Instructors are recommended to wear the mask in training and guidance situations.
- The participants must follow the protection instructions given by the sports federations.
- Instructors and guardians are not allowed in the changing rooms and training rooms. When this cannot be avoided, the instructors and caregivers must use face masks throughout the area during their stay.
- The facility supervisors are responsible for the implementation of health safety authority guidelines and recommendations on their own training shifts.
- The restriction does not apply to Finnish championship (SM) - competitive sports levels. The training must be organized in groups of ten (10) participants in such a way that the groups remain the same. Athletes are also recommended to avoid unnecessary contacts with participants outside their group. The activities must be organized in a corona-safe manner in accordance with the regulations of the Justice and Culture Ministry (OKM) as well as the regulations of the local authorities (AVI).

15. Basic and upper secondary education will continue normally with contact teaching. Protective measures are followed in teaching. In upper comprehensive school and high school students and staff should wear a face mask. (Not a mandate)

Early childhood education and contact teaching will follow the safety recommendations of the Ministry of Education and Culture (OKM). A possible switching to distance learning or shift learning classes is in plan as a precaution if needed.

16. Respiratory protection (masks) is distributed to low-income residents of Kemi on Tuesdays and Thursdays from the Social office Information point from 12 noon to 15:00.

The guidelines are valid 14.2-14.3.2021.

Testing/Sampling

On weekdays Kemi coronavirus testing center is located at Sairaalakatu 1 (The market opposite the central hospital). Sampling/testing is open Monday- Friday from 10 a.m. to 15:30 and is only by appointment.

On Saturdays, Sundays and public holidays coronavirus testing center to Kemi residents is in Tornio Health Advice Point, located at the border. Sampling/testing is





open on Saturdays from 9:00 to 15:00 and on Sundays from 9:00 to 14:00 and is by appointment.

Book an appointment from this link, [tästä linkistä](#), the testing location is Kemi on weekdays and Tornio on weekends

https://mehilainenlansipohja.fi/koronavirus/?fbclid=IwAR0sB1JW_sh7jwUTeCIEMHZBng_ikNWSs8mraJXBJ4d-z442FCYp3jIw9o

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