



ENGLISH 25.3.2021

The Regional Pandemic Working Group bulletin 25.3.2021: Protection and restriction measures are in effect.

CORONAVIRUS INFORMATION UPDATE 25.3.2021 at 9:45

The two-week incidence rate in the hospital district is currently 55.3 per one hundred thousand inhabitants. The epidemic in the Lansi Pohja Hospital District is still in the accelerating phase, the epidemic situation could change rapidly for the worse. Therefore, the Regional Pandemic Working Group decided to extend all existing restrictions and recommendations.

Current protection and restriction measures to local residents

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 6 people at this moment. Gatherings of less than 6 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 recommended that all competition and performance activities and important trips be canceled for young people over the age of 12 as well as adults. All 12-year-olds through competitive activities take place within the boundaries of the hospital district.





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.
9. Catering establishments (restaurants, coffee shops and other eateries) must comply with the central government regulations, which is valid until 30 June 2021, with regard to opening hours. <https://valtioneuvosto.fi/-/1271139/ravitsemisliikkeiden-rajoituksia-koskeva-asetus-annettu>

Restrictions on services and opening hours

10. 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.
11. Indoor programs group activities organized by the city will be suspended, for all groups over the age of 20 year. It is also recommended that other organizations in the city do the same.
12. Kemi city organized programs will be cancelled and public programs or activity with over 6 participants indoors is prohibited. (Lapin AVI / 50/2021) Groups and companies should do the same.
13. 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.
14. 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





15. Kemi city's indoor sports venues will be on a temporary break from those over 20 years of age. Groups and companies should do the same. People under the age of 20 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).

16. 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.

17. 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.





Sampling/Test

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

Booking for corona sampling/test appointment for those who do not have internet access or cannot make an electronic appointment.

Also, to request for a corona sample/test certificate or if suffering from a coronavirus infection call 016 259 358 from 8:00-15:00 Mondays to Fridays.

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

[Ajanvarauslinkki Kemin näytteenottopisteeseen](#)

[Ajanvarauslinkki Tornion näytteenottopisteeseen](#)

Sampling/test points are only intended for symptomatic residents or those advised by the communicable disease authority to take samples.

If you need corona sampling at the request of a planned trip abroad or your employer, make an appointment with a private health center (Mehiläinen, Terveystalo) or your own occupational health service for corona sampling/test.

