



Instructions

9.3.2021

VN/8723/2020

VN/8723/2020-MMM-8

COVID-19; Health security instructions for seasonal workers in primary production

1. HAND HYGIENE

- always wash your hands when coming to work, before eating, smoking and taking snuff, after using the toilet, and when leaving work
- wash your hands thoroughly with liquid soap and water for at least 20 seconds
- a disposable paper towel is best for drying your hands
- do not touch your eyes, nose or mouth unless you have just washed your hands
- if it is not possible to wash your hands with liquid soap and water, use hand sanitiser
- at one go, take enough hand sanitiser so that you can rub your hands thoroughly
- if you use disposable gloves, remove them without touching the outer surface of the gloves
- wash your hands with soap and water also after removing protective gloves
- frequent hand washing causes the skin of the hands to dry out. Take care of your hands by greasing them with hand cream.

2. COUGHING HYGIENE

- protect your mouth and nose with a disposable tissue when you cough, blow your nose or sneeze
- if you don't have a tissue, cough or sneeze into the top of your shirt sleeve, not your hand
- put the used tissue into the rubbish bin immediately
- finally, wash your hands with soap and water

3. SOCIAL DISTANCING

- always keep a social distance of at least 2 metres from other people when outside your room/accommodation

4. USE OF FACE MASKS

- in Finland, face masks should be worn in situations where it is not possible to maintain social distancing to people living outside the same household
- you should wear a face mask after arriving in Finland, for example, on the way to your place of accommodation or if you have to take a coronavirus test
- when you are allowed to go shopping after the first 14 days, you should always wear a face mask in the shop

Postiosoite
Postadress
Postal Address

Ministry of Agriculture and Forestry

PO Box 30
FI-00023 Government
Finland

Käyntiosoite
Besöksadress
Office

Hallituskatu 3 A
Helsinki

Puhelin
Telefon
Telephone

0295 16001
+358 295 16001

Faksi
Fax
Fax

s-posti, internet
e-post, internet
e-mail, internet

kirjaamo@mmm.fi

- if necessary, the employer will give instructions on wearing a face mask at the workplace
- the same disposable face mask can be used until it gets dirty, damp or needs to be removed, for example while eating
- put on a face mask with clean hands, do not touch the outside of the mask during use, remove the mask with clean hands without touching the outside, and wash or disinfect your hands after removing the mask
- put the used mask into the rubbish bin

5. SYMPTOMS OF COVID-19

- COVID-19, or coronavirus infection, causes a sudden respiratory infection with a disease picture that ranges from almost asymptomatic to very severe. The symptoms may vary as the disease progresses.
- symptoms may include:
 - fever
 - cough
 - sore throat or hoarseness
 - head cold or nasal congestion
 - shortness of breath
 - loss of smell or taste
 - headache
 - muscle aches
 - lack of energy or fatigue
 - nausea or vomiting
 - diarrhoea

6. INSTRUCTIONS IN CASE OF COVID-19 SYMPTOMS

- stay at or go to your accommodation and avoid contact with other people
- if you can't avoid contact with other people, for example when going to your accommodation, wear a face mask
- contact your employer and tell them about your symptoms. They will arrange for you to have a coronavirus test and, if necessary, to see a doctor. A coronavirus test and possible treatment for coronavirus infection are free of charge to you.
- if you are diagnosed with coronavirus infection, you can receive compensation for loss of earnings if you are covered by Finnish health insurance or are an EU or EEA citizen

7. QUARANTINE ON ENTRY TO THE COUNTRY

- **A seasonal worker coming to Finland must be quarantined for 14 days before work on the farm can begin. The alternative to a 14-day quarantine is two negative coronavirus test results:** the first test is taken at the border immediately after arrival in Finland, the second no earlier than 72 hours after the first test. If both tests are negative, you do not need to be quarantined after the latter test result is ready, but can start working on the farm. However, you must be cautious when in contact with other people for a further 7 days after the latter test result is ready. Tests for people entering the country taken at the borders and tests taken at public health centres are free of charge. Tests taken at private medical clinics are subject to a fee.
- Quarantine means that the following is observed:

- you should avoid contact with all other people at your accommodation, while eating and during leisure activities
- if you have arrived in Finland and are going to the same workplace together with other people, the employer can instruct you to stay in the same accommodation. If this is the case, if necessary you can also be close to each other while eating.
- a person in quarantine must not go shopping or run other errands outside the accommodation and the workplace; shopping is done on the person's behalf and the goods are delivered to the place of quarantine securely so that there is no contact with people outside the scope of quarantine
- the necessary doctor's visits, etc. are handled as securely as possible, avoiding additional contacts and public transport. Both people in quarantine and those near them should wear a face mask in these situations.
- good hand hygiene and coughing hygiene must always be observed

8. ACTIVITIES AND MOVEMENT OUTSIDE THE ACCOMMODATION AFTER QUARANTINE FOLLOWING ENTRY

- when the 14-day quarantine has ended, remember to observe good hand hygiene and coughing hygiene and to avoid close contact with other people
- if you have symptoms you should not go to work, but should stay in your accommodation and contact your employer
- In Finland, different regions have different recommendations because of the coronavirus pandemic. These recommendations involve, for example, how many people may be together at the same time.
- In Finland, the recommendation to wear a face mask is in force throughout the country in situations where close contact with other people cannot be avoided.

CONTACT PERSON FOR HEALTH ISSUES AT YOUR WORKPLACE:

Name: _____ Tel: _____

Contact this person in the following situations:

- you have any symptoms of a disease
- you have questions about your health
- you have any questions or comments regarding the health security instructions, for example deficiencies at the hand cleaning site of your workplace, face masks have run out, or you have problems keeping social distancing