

# Actions to Prevent the Spreading of COVID-19 (Coronavirus)

## Use the face mask to protect yourself and the others!

### THE MASK IS A SAFETY EQUIPMENT

• Mask use on Pylon's construction sites is mandatory.



### AVOID TOUCHING YOUR FACE

- Eyes
- Nose
- Mouth
- Use a mask

## Take Care of Hygiene!

### WASH YOUR HANDS

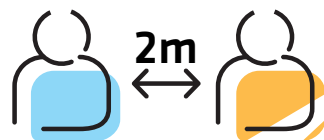
- After entering the office
- After using the restroom
- Before eating
- Use warm water and soap
- For a minimum of 20 seconds
- Dry hands with disposable paper towel
- Use paper towel when touching the faucet and door hand

### COVER YOUR MOUTH WHEN COUGHING AND SNEEZING

- Use a disposable tissue or your sleeve
- Throw away used tissues and wash hands

## Maintain a Safety Distance!

- No handshaking, hugs, high fives or fist bumps
- Keep a safety distance of at least 2 meter
- No group gatherings allowed



## Stay safe from COVID-19 also outside working hours!

- Wear a mask at shops, on public transportation, while carpooling etc.
- Remember importance of hand hygiene
- Always maintain safety distances from others (2m)

## Minimize Contacts!

- No switching of the people in the carpool (same groups)
- No short term changing of work sites
- Avoid unnecessary travel to high-risk areas.
- Comply with quarantine regulations when entering the country. Present a negative corona test result to supervisors.



## COVID-19 Symptoms are:

- Fever, cough, shortness of breath, muscle aches and fatigue
- The virus is spread with droplet transmission, through coughing, sneezing, speaking and being in contact with contaminated surfaces

## Stay at Home if You Are Sick!

- Notify your supervisor immediately.
- Do not come to the workplace
- Contact your healthcare provider and if necessary test yourself for COVID-19.



## If you have been exposed to the coronavirus

- Follow the instructions given by healthcare.
- Stay in quarantine.

## Install Koronavilkku to Your Mobile!

- koronavilkku.fi. Application helps you find out whether you may have been exposed to coronavirus.
- If the application gives you a notification of a suspected corona exposure, follow the instructions in the application. Report suspected exposure to your supervisor.