

# COVID-19; Health safety guide for berry pickers

## 1. HAND HYGIENE

Always wash your hands when you come to work, before eating, smoking, sniffing, after using the toilet and when you leave your workplace.

- wash your hands with water and liquid soap, all over for at least 20 seconds
- 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 washing your hands with water and liquid soap is not possible, use hand sanitiser/desinfectant
- use enough hand sanitiser at a time to rub all over your hands
- if you use disposable gloves, take them off without touching the outside of the gloves
- wash your hands with soap and water even after taking off the gloves
- Frequent hand washing causes drying of the skin on your hands. Take care of your hands by lubricating them with hand cream.

## 2. COUGH HYGIENE

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

## 3. SOCIAL SAFETY DISTANCING

- always keep a safety distance of at least 2 metres from other people outside your room/apartment

## 4. FACE MASK

- In Finland, a face mask must be worn in situations where you cannot maintain a safety distance of 2 metres from people living outside the same household.
- you must wear a face mask, for example, after entering Finland on your way to your place of accommodation or if you have to undergo a corona test
- the same disposable face mask can be worn until it becomes dirty, wet or needs to be removed, for example when eating
- wear the face mask with clean hands, do not touch the outer surface of the mask during use, remove the mask with clean hands without touching the outer surface and wash or disinfect your hands after removing the mask
- place the used mask in a rubbish bin

## 5. COVID-19 SYMPTOMS

- COVID-19, or coronavirus infection, causes a sudden respiratory tract infection with a clinical picture ranging from almost asymptomatic to very severe. Symptoms may vary as the disease progresses.

- Symptoms may include:

- fever
- cough
- sore throat or throat roughness
- runny nose or nasal congestion
- shortness of breath
- smell or taste disturbances
- headache
- muscle aches
- weakness or tiredness
- nausea or vomiting
- diarrhea

## 6. IF YOU GET COVID-19 SYMPTOMS

- stay home or go to your home and avoid contact with other people
- if you cannot avoid contact with other people, for example when going to your accommodation, wear a face mask
- contact the company contact person and tell about your symptoms. The contact person will arrange for you to have a corona test and, if necessary, to see a doctor. The corona test and any treatment for a coronary infection will be free of charge.
- if you are diagnosed with a coronavirus infection, you can get compensation for loss of earnings if you are covered by Finnish health insurance or are a national of an EU or EEA country

## 7. ENTRY TESTS

- According to the Communicable Diseases Act (1227/2016), if a traveller arriving to Finland does not have reliable proof of a complete vaccination series or of having contracted COVID-19 less than six months previously, he or she must get coronavirus testing in Finland. The first test is carried out at the border immediately after arrival in Finland, the second test 72 to 120 hours after the first test. More detailed health security rules can be found in the Communicable Diseases Act or on the Finnish Institute of Health and Welfare THL travel website (<https://thl.fi/fi/web/infektioaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19/matkustaminen-ja-koronaviruspandemia> ). For entry rules, see the Border Guard website (<https://raja.fi/korona-info> ). Tests for arriving at borders and health centres are free of charge. Tests at private medical centres are subject to a fee.

- The government decree specifies the countries from which no tests are required on arrival. This definition will change and countries must always be checked individually before entering Finland.

**- In addition to the above, travellers entering Finland are advised to avoid social contact until the test results have been completed (and the results are negative). It is not recommended to start work before the test results are ready.**

**- Avoiding social contact means:**

- you should avoid contact with all other people during accommodation, when eating and spending leisure time
- if you have arrived in Finland with other people at the same workplace, the company may instruct you to stay in the same accommodation so that you can stay close to each other during meals if necessary
- you should not go shopping or do any other business outside your accommodation and place of work, but the shopping should be done on your behalf and the goods delivered to you safely so that there is no contact with people outside your home and place of work
- necessary visits to doctors, etc. are carried out as safely as possible, avoiding extra contact and public transport. The use of a face mask is recommended in these situations.
- good hand and sputum hygiene must be observed at all times

#### 8. TESTING BEFORE STARTING WORK

It is strongly recommended that all new employees are tested before starting work. Work can only start once a negative test result has been obtained. Testing is carried out at least 48 hours before the start of work. In this situation, the results of tests taken on entry may be used, if available. This recommendation also applies to workers who have received the full COVID-19 vaccination series. Testing is particularly important where workers are living in shared accommodation. This testing is not required by the Communicable Diseases Act, but it is done to prevent the spread of a communicable disease of public concern, so the recommendation is that municipalities should arrange and pay for the testing.

#### 9. AFTER THE START OF WORK AND MOVEMENT OUTSIDE THE PLACE OF ACCOMMODATION

- good hand and cough hygiene must be observed in all activities
- do not go to work if you have symptoms, stay at home and contact the health contact person of the Finnish company
- Due to the corona epidemic in Finland, there are different recommendations in different regions regarding, for example, how many people should be present at a gathering at a time
- Finland has a country-wide recommendation to wear a face mask in situations where close contact with other people cannot be avoided.

#### THE COMPANY'S CONTACT PERSON FOR HEALTH MATTERS:

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Contact him/her in the following situations:

- you develop any symptoms of illness
- you have any questions about your health
- you have questions or comments about health and safety instructions, e.g. there are shortcomings in the hand-washing facilities at your place of residence, you have run out of face masks or you have problems with safety distances.