

## **For reception centre customers: Information on celebrating Ramadan during the coronavirus outbreak**

Precautions are being taken, as the coronavirus pandemic is expected to spread more widely in Finland. This year, you must take the coronavirus outbreak into account even when celebrating Ramadan.

Coronavirus is transmitted by touch as well as by coughing and sneezing. Social distancing is now important even if you feel yourself healthy. This helps us to slow down the epidemic in Finland and at the reception centres.

Everyone can do something to prevent the coronavirus from spreading.

### **Keep a distance with other people even during Ramadan**

- Stay away from public places, groups of people and gatherings (including mass prayer, parties, meeting friends, public transport).
- Do not make social visits. You should especially avoid visiting elderly people and people who have chronic illnesses.
- If you live outside the reception centre, do not invite people over.
- You must not visit anyone under any circumstances if you experience any symptoms of a respiratory infection, even mild ones. The symptoms of a respiratory infection include fever, sore throat, cough, shortness of breath and muscle aches. If you experience these symptoms, avoid near contact with other people. If you have these symptoms, please inform the staff at the reception centre immediately. If you live outside the reception centre, inform the staff by telephone.
- No handshakes or hugs. Try to come up with other ways of greeting others.
- Keep at least one metre away from other people, both at and outside the reception centre. Always keep a distance to people who are coughing or sneezing.
- If you are staying at the reception centre, avoid the common rooms as much as possible.

### **Good hygiene is the best way to prevent the spreading of the coronavirus – and other viruses – even during Ramadan**

- Wash your hands carefully and often, using soap and water. Wash your hands for at least 20 seconds every time. Dry your hands well.
- If you cannot wash your hands, use hand sanitiser.
- Cover your mouth when you cough or sneeze. Use a handkerchief or your sleeve. Do not cough or sneeze into the palm of your hand. Always put your handkerchief in the rubbish.
- Do not touch your eyes, nose or mouth unless you have just washed your hands.
- Pay attention to good hygiene while cooking and eating.
- If you live at a reception centre, do your best to keep your room and common areas clean.
- If you live outside the reception centre, keep your flat clean and tidy.

## Effects of the coronavirus epidemic at the reception centre

- For the time being, visits by outsiders to reception centres are prohibited.
- No social gatherings are organised at the reception centre facilities.

## What we are hoping for from you

- We hope that all clients of the reception centre will be willing to co-operate, be patient, and stay calm. Follow all instructions given by the staff of the reception centre and medical doctors for your safety and for the safety of others.

## Where to find information

- The Finnish Immigration Service has published a bulletin on the coronavirus for people living at reception centres: "Information on the coronavirus for clients of the Finnish Immigration Service". This bulletin is available in several languages. More information is available at your reception centre.
- The staff at the reception centre can give you further information as needed.
- News about the coronavirus are broadcast on yle.fi in several languages.
- The Finnish Institute for Health and Welfare posts information on the situation in Finland on its website, THL.fi. There is information posted on the website along with instructions on coughing and washing hands, etc.
- Instructions for celebrating Ramadan is available on the website of the Islamic Society of Finland: [rabita.fi](http://rabita.fi).