

## Reception centre client: Information about celebrating Ramadan during the coronavirus pandemic

You must think about the coronavirus situation also when celebrating Ramadan.

Every person can make a real difference when it comes to spreading infections. We must all act responsibly. You must do your best to stop the spread of infections at the reception centre and outside it.

The coronavirus is mainly passed on as a droplet infection when a person who has the virus coughs or sneezes.

### To avoid spreading the coronavirus when you are celebrating Ramadan:

1. Avoid public places, groups of people and gatherings.
2. Also avoid private parties, even with very few people, and meeting people other than those who are the closest to you. Meet other people as little as possible.
3. Avoid unnecessary travel and visiting people. If you live outside the reception centre, do not invite people to your home.
4. Take care of good hand and coughing hygiene. Wash your hands often and carefully with water and soap. Cough into your sleeve.
5. Stay at least 2 metres away from other people. Do not shake hands or hug other people.
6. Wear a face mask according to recommendations.
7. If you have symptoms, stay in your room at the reception centre, and do not go out of the centre or your home.
8. If you have any symptoms or you have been in contact with someone who has the coronavirus, tell the reception centre staff at once.
9. Follow the instructions that the reception centre staff and other authorities give to you.

For instructions on celebrating Ramadan, you can visit the website of the Finnish Islamic Mosque: [rabita.fi](http://rabita.fi).

We ask all reception centre clients to cooperate with us, to be patient and stay calm. If you need more information, contact the reception centre staff.