

Covid-19 Isolation instructions

You have tested positive for the Coronavirus and have therefore been ordered into home isolation by an infectious disease physician, according to the Communicable Diseases Act 60§ to prevent the spread of a generally hazardous communicable disease. Isolation means that a person that has contracted a generally hazardous communicable disease is isolated from healthy people. Isolation period can't be shortened. No control tests are required.

Isolation means that

- You must avoid close contact with other people. You should also keep separated from other people in the same household, if possible stay in a separate room or if that is not possible keep a distance of at least 2 meters, for example sleep in your own bed.
- You must stay at home. Even if you are feeling well and have no symptoms you are not allowed to go out to walk the dog, go to shops or run any other errands. If you live in a high-rise building, you are not allowed to use the communal parts of the premises.
- If you have a previously booked appointment to a hospital or clinic – contact them by phone immediately
- You must not receive any guests in your home. Keep in contact with family, friends, work/ school via telephone. You may work from home in agreement with your employer.
- Ensure good hand hygiene and cough technique - wash your hands often with soap and water, especially before meals and after using the toilet. Use your own hand towel, which is changed often, or use paper towels. Do not cough or sneeze at other people, rather into a disposable tissue or into your elbow. Dispose of used tissues into a rubbish bin straight away. Wash your hands afterwards.
- Family members of an isolated person are placed in quarantine, and should avoid close contact with you. They need to follow the instructions for quarantine.
- An adult, who doesn't belong to a risk group, cares for the sick person. If in your household there are elderly people or people belonging to a risk group with an increased risk of contracting a more severe form of illness, it may not be possible to quarantine in your own home. If close contact cannot be avoided it is recommended that the person in a risk group uses a face mask.
- Ensure good ventilation in common areas - open the windows in kitchen and bathrooms. Clean surfaces that you often touch daily, like tables, door handles, light switches and remote control, using an ordinary household all-purpose cleaner.
- Clean toilets daily using an all-purpose cleaner. To make the cleaning more effective you can use a cleaner containing disinfectant.
- Wash cutlery and crockery straight after use.
- Wash bed linen in 60-90 degrees using washing powder. Avoid unnecessary handling and shaking. Wash your hands with soap and water after handling dirty linen or use a hand disinfectant.
- Always let the Infection Control Team know if you, or anyone close to you, are in contact with a mink or fox farm.

You need to be contactable by phone. The infection control team will contact you daily to hear how you are doing and will answer any questions about your isolation.

Food service

You are not allowed to visit any shops or run any other errands during your isolation. You need to ask someone else to do this for you. If you live alone you can use an online service to have food delivered to your home. If this isn't possible you can ask the infection control team about alternatives. Instruct the delivery person to leave the shopping outside the front door and to leave the house after ringing the door bell.

Social support

Do you experience anxiety, stress or insomnia due to your situation? The infection control team can also arrange counselling for you.

Infectious disease allowance from KELA

You are entitled to an infectious disease allowance that covers the total loss of income during the time of isolation. This also applies if you cannot go to work because your child has been ordered into isolation and is under the age of 16. You will receive a written isolation decision sent to you by post. You can fill out the application form on the KELA website. Sometimes your employer will do the application for you.

An employee who is not covered by Finnish health insurance may also receive infectious disease allowance. More information is found on

www.kela.fi/web/en/news-archive/-/asset_publisher/IN08GY2nIrZo/content/infectious-disease-allowance-is-available-also-to-workers-who-are-not-covered-under-the-finnish-national-health-insurance-scheme

MONITOR YOUR SYMPTOMS

and if necessary, contact your Health Care Centre. If you live in the Pietarsaari/ Jakobstad area, please contact the Medical Helpline tel. 06 786 1333 or if you live in the Uusikaarlepyy/ Nykarleby area, please contact tel. 06 786 2701. In case of emergency call 112.