

## Covid-19 Quarantine instructions

You have been exposed to the Corona virus and have therefore been placed in quarantine by an infectious disease physician, according to the Communicable Diseases Act 60§ to prevent the spread of a communicable disease. Quarantine means restricting the freedom of movement of a healthy person.

### Quarantine means that

- You need to avoid social contacts. You are allowed to go for walks alone, go outside in your own garden or yard or together with people from your own household, but keep a distance of two meters to others. It's not allowed to spend time with other people in quarantine.  
If you live in a high-rise building, make sure that there are no other people in the stairwell before you go out. Avoid using the lift/elevator or ensure that you use it alone.
- If you have a previously booked appointment to a hospital or clinic – contact them by phone immediately
- Avoid driving a car or other vehicles. Also avoid activities that carry a greater risk of accidents.
- You cannot receive guests in your home. This includes even the other family members. Keep in contact with your friends, family, work/school via telephone. You may work from home in agreement with your employer.
- You need to ensure that you maintain a good hand and cough technique – wash your hands often with soap and water, especially before meals and after using the toilet. It is recommended that you have your own hand towel and change it often. Cough or sneeze into a disposable tissue or into your elbow, not into your hands.
- Family members who are not in quarantine are free to go out to work/school or day care.
- If in your household there are elderly people or people belonging to a risk group, it may not be possible to quarantine in your own home.
- 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 as agreed with you to hear how you are doing and will answer any questions about your quarantine.

### Food service

You are not allowed to visit any shops or make any other errands during the quarantine. You need to ask friends or family 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 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 your time of quarantine. This also applies if you cannot go to work if your child under the age of 16 must be placed in quarantine. You will have a written quarantine 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 can be 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](http://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)

### **If you get symptoms**

If you during the time of quarantine get symptoms of a respiratory tract infection (i.e. fever, cough, sore throat, runny nose, shortness of breath, loss of taste/smell) please contact the Medical Helpline in Pietarsaari/Jakobstad area tel. 06 786 1333 or if you live in Nykarleby/Uusikaarlepyy area tel. 06 786 2701. If you have symptoms of the coronavirus disease you will need to be tested as soon as possible.

In case you get symptoms during the time of quarantine, shall your family members stay at home until you get the result of your coronatest.