

Instructions for persons in quarantine

What does quarantine mean?

In order to restrict the coronavirus epidemic those exposed to the virus can be put in quarantine. With quarantine measures, we try to cut infection chains and delay the epidemic in Finland.

According to the Act of Contagious Diseases (1227/2016) the physician in a municipal or in a hospital district responsible for contagious diseases can quarantine a person who has been found or is suspected to have a highly contagious disease.

Can quarantine be carried out at home?

Quarantine can usually be carried out at home. However, if there is a person over 60 years or a person with a primary disease living at same household, some other arrangement will maybe come in question. This is because a quarantined person can get the infection and contaminate others before he or she can get care. The coronavirus infection can be serious especially for the elderly and those with a primary disease.

Can a quarantined person go out or shopping?

A quarantined person must try to avoid close contacts to persons outside the family. You can go out if you do not get in contact with other people. A quarantined person cannot go to work, school, day-care unit or shopping because at those places it is difficult to avoid a close contact.

Why are family members not placed under quarantine?

The family members are not placed under quarantine because they have not been in close contact with the infected, contrary to the person placed under quarantine. Family members to a person with no symptoms, but placed under quarantine, cannot expose others.

If the exposed gets symptoms, he will be tested if it is coronavirus. According to tests the quarantine will be, if necessary, extended. Before that, the family members will not infect others.

How will children under quarantine have their school lessons?

If a child is in home quarantine, the child's school will give instructions how the studies are organised.

Who provides loss-of-income compensation during quarantine?

You will be paid sickness allowance on account of an infectious disease if you have been ordered to stay away from work in order to prevent the spread of a communicable disease. You can receive sickness allowance on account of an infectious disease although you are fit for work. The sickness allowance is available to the provider of a child under the age of

16 who is placed in quarantine, making it impossible for the provider to continue working while the quarantine is in effect.

An official decision on the quarantine is mailed to the quarantined and the decision is enclosed to the application for the allowance.

Further information about the allowance from Kela

What to do, if a quarantined person gets some symptoms?

A person put in quarantine must follow the development of possible symptoms.

If a quarantined person develops some of the respiratory symptoms (fever, cough, sore throat, snuffles or shortness of breath), they should call the Helsinki Coronavirus helpline tel. **09 310 10024** (Mon–Fri 7–16). Outside these hours persons with symptoms are advised to call the Medical helpline tel. **116 117**. Health care professionals will assess the need of tests individually.