



1.

Have you been exposed?

If you have been exposed to coronavirus, you will be contacted by the Epidemiologic Operations Unit.



2.

Quarantine

- ▶ If you have been exposed, you will be ordered to quarantine. The quarantine period is usually 14 days from exposure.
- ▶ Your family members are not required to quarantine, unless they have also been exposed.
- ▶ If you exhibit symptoms of coronavirus during your quarantine, please book a test
 - by taking the online symptoms check-up at [omaolo](#).
 - or by calling the Coronavirus Helpline, tel. **09 310 10024**, available every day 8:00–18:00.



3.

You will receive a certificate of being quarantined by post

You can use the certificate to apply for sickness allowance on account of an infectious disease from Kela to cover lost income. For more information, please contact Kela ([kela.fi](#)).

You may be advised to self-quarantine.



If your condition worsens during quarantine call the Coronavirus Helpline, **tel. 09 310 10024** (every day 8:00–18:00) or the Medical Helpline, **tel. 116 117**. In case of emergency, please call **112**.