



1.

Are you suspecting infection?

- ▶ Make an appointment for a test (omaolo.fi) or
- ▶ call the Coronavirus Helpline, tel. 09 310 10024, open daily 8:00–18:00.



2.

Stay home

Stay home until you get the test results. This should take approximately one day.



3.

You are infected

- ▶ If your test result is positive, it means that you have a coronavirus infection.
- ▶ You will receive a text message and a link to a form. You will be asked to provide information related to the infection. Please fill in the form to speed up your own service transaction and the tracking efforts.
- ▶ If you are unable to fill in the electronic form, please write down information needed for infection tracking, such as the possible location where you were infected and people whom you have met.
- ▶ You will be called regarding your isolation decision and infection tracking. The call will come from an unknown number.
- ▶ You will be told to isolate. The isolation will usually last for 10 days from the start of the symptoms. You will be provided with more detailed instructions during the call. For more information on isolation, please visit www.hel.fi/isolationinstructions.
- ▶ Negative test results (you are not infected) will be provided via text message.



4.

Exposed persons are determined

You will be contacted by phone to track the infection. This is done to determine whom you have met with during the time that the virus was contagious.



5.

Isolation ends

You will be contacted to assess whether the isolation can be ended. Isolation can usually be ended when you have been symptomless for two days and at least seven days have elapsed since the symptoms started.



6.

You will receive a certificate of the isolation 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).



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**.