

326_Tietoa karanteenipäätöksen saaneelle
[ENGLANTI]

Information for those who have been quarantined

It has come to our knowledge that you have been exposed to a person with a COVID-19 infection and, therefore, you have been ordered into quarantine. Quarantine means that a healthy person's freedom of movement is restricted. Quarantining is used to prevent a possibly symptomless carrier from infecting other people. The quarantine decision is based on the Communicable Diseases Act.

Quarantine period

The duration of the quarantine period will be specified when you are quarantined. The typical quarantine period is 14 days from the last exposure.

All those who have been exposed to the coronavirus are instructed to get tested during their quarantine. Please book an appointment for a test 4–5 days after exposure. Even if your test result is negative, your quarantine will continue. If the test result is positive, meaning that you have a coronavirus infection, you will be put in isolation. You will be provided with separate instructions for this.

In addition to the test mentioned above, you should also immediately get tested if you develop any symptoms indicative of COVID-19 during your quarantine period.

How do I book a coronavirus test appointment whilst I am quarantining?

If you have no symptoms, book a test by calling the Coronavirus Helpline on tel. 09 310 10024 (open every day 8–18). You can also book a test for yourself or, as a guardian, for a person under the age of 15 at omaolo.fi if you have received an alert of potential exposure from the Koronaviilkku application or a mass screening code.

If you have symptoms, book a test by completing the coronavirus symptom assessment form at omaolo.fi or by calling the Coronavirus Helpline. Guardians can also book appointments for their children under the age of 15.

In urgent matters outside of the Coronavirus Helpline's operating hours, please call the Medical Helpline, tel. 116 117.

What does quarantining mean in practice?

When quarantined, you must practice social distancing with people outside your household. You must spend the quarantine period in your home. You may go outside, if you do not approach other people. You may not go to your place of work, school, daycare, hobbies, the shop or pharmacy, because practising social distancing in these places is difficult. You may not see any visitors and you must have groceries delivered to you at home.

Your close friends and relatives who have not been in direct close contact with the infected person may lead normal lives. This means that your close friends and relatives are not quarantined, unlike

the person who has been quarantined. People associated to a quarantined symptomless person do not infect others with coronavirus.

If no one is able to get food or medicine for you, you can contact the Social Services' Coronavirus Helpline at 09 310 21175.

Compensation for loss of income

Loss of income caused by the quarantine order will be reimbursed to you as sickness allowance on account of an infectious disease. You can apply for it at the Social Insurance Institution (Kela). You will receive a quarantine decision written by the infectious disease physician of the City of Helsinki, which must be attached to your application. The quarantine decision will be sent to you automatically by registered mail or encrypted e-mail. You must submit the application to Kela within two months from the quarantine order.

The infectious disease allowance is a full compensation for loss of income caused by absence from work due to a quarantine. The daily allowance of employees is determined based on the salary they would have received at work. An entrepreneur's allowance is based on the valid annual earned income on which their YEL or MYEL insurance contributions are based. The guardian of a child under 16 years of age is entitled to an infectious disease allowance, if the child has been ordered into quarantine and the guardian is therefore unable to work.

An EU, EEA or Swiss citizen working in Finland can receive an infectious disease allowance even if they are not covered by Finnish medical insurance.

Further information is available at www.kela.fi/web/en/sickness-allowances-infectious-disease.

The quarantine is mandatory

You must comply with the quarantine order issued by a communicable disease authority. According to Finnish law, breaching a quarantine order can be punished as an offence against health protection with a fine or imprisonment for a maximum of three months, even if you do not infect anyone else.

Coronavirus infection symptoms

The time between the infection and the first symptoms is 1–14 days, most typically 5–6 days. Symptoms typical of the coronavirus disease include fever, cough, headache, nausea, diarrhoea, muscle pain, sore throat, runny or stuffy nose, shortness of breath and loss of smell and taste.

Further instructions for those in quarantine can be found at www.hel.fi/helsinki/coronavirus-en