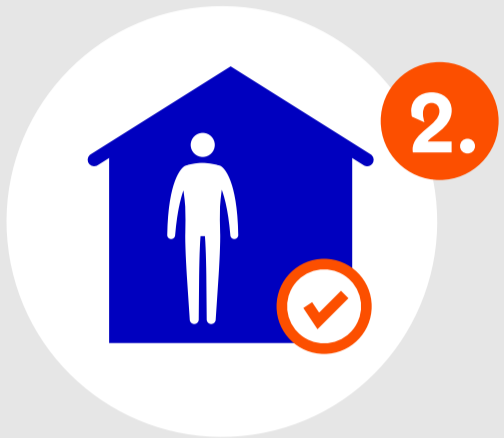




## 1. Are you suspecting infection?

Conduct a symptom assessment at [omaolo.fi](https://omaolo.fi). You can also call the Coronavirus Helpline, **tel. 09 310 10024**, or the Medical Helpline, **tel. 116 117**, from where you will be referred to tests, if necessary.



## 2. Stay home

To protect other people you must remain at home for at least until you receive your test results. This should take a few days.



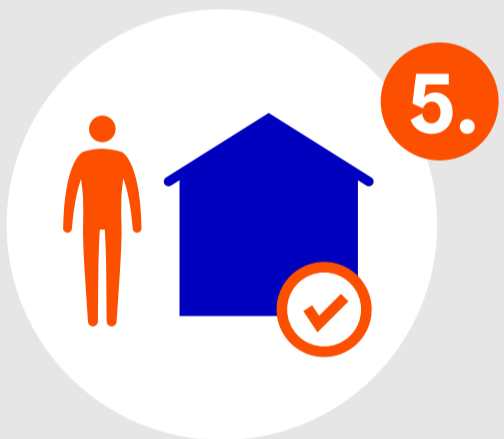
## 3. You are infected

If your test result is positive, meaning that you have a coronavirus infection, you will be notified by phone. The phone call will come from an unknown number. You will be isolated. The isolation will last for roughly two weeks from the start of the symptoms. You will be provided with more detailed instructions during the call. Negative results (you are not infected) will be sent via text message.



## 4. The infection is tracked

You will be contacted again to track the infection. This is done to determine who you have met during the time that the virus was contagious.



## 5. Isolation ends

You will be called and asked about your condition, if necessary. The isolation may be ended when you have been free of symptoms for two days.



## 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)** and the Epidemiologic Operations Unit, if necessary, **tel. 09 310 51222** (weekdays 9–15.30).

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You may also be instructed to stay under quarantine-like or isolation-like conditions. In this event, you are not officially quarantined or isolated.



**If your condition worsens during quarantine** call the Coronavirus Helpline, **tel. 09 310 10024** (weekdays 7–16) or the Medical Helpline, **tel. 116 117**. In case of emergency, please call **112**.