



1.

Have you been exposed?

You will receive a phone call from the Epidemiologic Operations Unit telling you that you may have been exposed to the coronavirus. Those exposed will have been in contact with someone who is infected with the coronavirus.



2.

Quarantine

If you have been exposed, you will be quarantined. The quarantine will last for approximately two weeks from the exposure. Your family members will not be quarantined, unless they have also been exposed.

If you exhibit symptoms of coronavirus infection during quarantine, complete the symptom assessment at 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 testing.



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. Further information is available at **Kela (kela.fi)** and from the Epidemiologic Operations Unit, if necessary, **tel. 09 310 51222** (weekdays 9–15.30).

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**.