

195_Testitulokset_28_8-1
ENGLANTI

What to do after a coronavirus test

You have been tested for the COVID-19 coronavirus disease due to potential infection. The purpose of the test is to determine whether you have a coronavirus infection.

Stay at home until the test result is confirmed

It may take several days for the test results to arrive.

To protect other people, you must stay at home at least until the test result is confirmed. Going grocery shopping or to the pharmacy is not recommended, for example.

If it is difficult for you to find help with grocery shopping or going to the pharmacy, please report your concerns to a social services and health care professional. We can provide you with the necessary help.

If your test result is positive, meaning that you have a coronavirus infection

You will receive a call from an unknown number. We also make calls to report test results in the evenings and at the weekends. You will be provided with more detailed instructions during the call.

After being informed of the test result, you will be contacted again about quarantine and isolation decisions and infection tracking.

We ask that you please use the reverse side of this document to write down information needed for infection tracking and keep the form with you. Writing down the information in advance will speed up infection tracking.

If your test result is negative, meaning that you do not have a coronavirus infection

You will receive a text message saying "Your test result is normal (negative)". However, it is important that you to stay in quarantine-like conditions for as long as you have symptoms. A child can return to day care once their symptoms have clearly eased.

If you were tested due to symptoms that began during quarantine, a normal test result will not overturn your prior quarantine decision, meaning that you must stay at home until your quarantine ends.

Please make sure that your phone number is up to date on the asiointi.hel.fi service under Health care services > Health care personal data.

If your condition deteriorates and you feel that you cannot cope at home

Toinen linja 4 A	PL 6000, 00099 HELSINGIN KAUPUNKI	Puhelin	09 310 5015	www.hel.fi/sote
Andra linjen 4 A	PB 6000, 00099 HELSINGFORS STAD	Tel.	09 310 5015	www.hel.fi/sote/sv
Toinen linja 4A	P.O. Box 6000. 00099 CITY OF HELSINKI	Tel.	09 310 5015	www.hel.fi/sote/en



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Contact Helsinki's Coronavirus Helpline, open every day 8–18, tel. 09 310 10024, or the Medical Helpline, tel. 116 117, at other times. In a life-threatening situation, please call the national emergency number 112.

When did your symptoms begin (date, time): _____

Can you think of a place where or a contact via whom you could have been infected (any encounter lasting over 15 minutes during which you were less than 2 metres apart)? Think back on the last two weeks before your symptoms began.

Which persons have you had close contact with during the period of one day (24 h) before your symptoms began up until now (any encounter lasting over 15 minutes during which you were less than 2 metres apart)?

Have you been to work? Your occupation and workplace?

Further information www.hel.fi/helsinki/coronavirus-en, www.thl.fi

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