

Information for the recipient of an isolation decision

You have been ordered into isolation due to your confirmed COVID-19 infection. The purpose of the isolation is to prevent the coronavirus from infecting other people. The isolation decision has been made pursuant to the Act on Infectious Diseases.

Information on the duration of your isolation is provided in connection with the order. The duration of the isolation is typically 7 days from the start of the symptoms for a person with mild symptoms and 14 days for a person who requires hospitalisation. Isolation can be terminated following two symptomless days. If your infection has been confirmed through sampling and you do not experience symptoms, the duration of the isolation is 7 days from the sampling date.

What does isolation mean?

Isolation is time which must be spent in your apartment. You must avoid close contacts with other people and stay in your apartment. For example, you must not go to work, school, daycare, hobbies, stores or pharmacies, as the avoidance of close contacts is difficult in these places. You must not have visitors, and you must order your food.

If no one is able to get food or medicine for you, you can contact the Social Services' helpline at 09 310 44400.

To reduce the risk of infection, you should also stay away from other people living in the same household. If possible, you should stay in a separate room. Good hand and cough hygiene are important.

You must avoid contacts to people also when walking your dog or taking out the trash.

Treatment of the disease

If your symptoms are mild and you do not belong to any risk group, you can stay home. Your treating health centre physician or doctor at occupational healthcare will assess your situation when they notify you of your coronavirus sample result. Rest and sufficient fluid intake are important when you are sick. You can relieve fever and pain with over-the-counter medicine.

If you experience severe symptoms, such as shortness of breath, and your overall condition worsens, call your own health station or the city's coronavirus advisory service at 09 310 10024 (open every day at 8–18). At other times, call the Medical Helpline at 116 117. In a situation requiring immediate treatment, for example if you are experiencing sudden chest pain, call the emergency number 112.

This information leaflet is also sent to you if your child has contracted the coronavirus disease. If your child experiences any of the following symptoms, please see a physician as soon as possible - regardless of the cause of the disease or of the underlying condition.

- difficulties breathing
- bluish or grey skin
- the child does not drink enough
- severe or continuous vomiting
- the child does not wake up or react to anything
- the child is too irritable to be held in your lap
- the symptoms go away, only to return accompanied with fever and a worse cough

Compensation for loss of income

Due the loss of income caused by your isolation, you are entitled to receive an infectious disease allowance. It can be applied for at the Social Insurance Institution (Kela). You will receive an isolation decision written by the infectious disease physician of the City of Helsinki, which must be attached to your application. The isolation 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 isolation order.

The infectious disease allowance is a full compensation for loss of income caused by absence from work, isolation or quarantine. The daily allowance of employees is determined based on the salary they would have received at work. The daily allowance of entrepreneurs is determined by the annual income under the self-employed persons' (YEL) and farmers' (MYEL) pension insurance schemes valid at the beginning of the absence from work. 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. Further information is available at <https://www.kela.fi/web/en/sickness-allowances-infectious-disease>.

Your close contacts will be contacted regarding quarantine

Helsinki's epidemiological operations will map your close contacts and determine quarantine times for them. The quarantine duration is 10 days from the last close contact with the infected person. If there are other people living in your household, the length of the quarantine is two weeks from the beginning of the symptoms of the first infected person or from the sampling date in the case of a symptomless person.

Isolation must be adhered to

An isolation ordered by the infectious disease authorities must be strictly adhered to. According to Finnish law, breaching a quarantine or isolation 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.