

315_Tietoa eristyspäätöksen saaneelle
[ENGLANTI]

Information for those who have been put in isolation

You have been diagnosed with COVID-19 and issued with an isolation decision. The purpose of isolation is to prevent the virus from spreading to other people. The isolation decision is based on the Communicable Diseases Act.

Information on the duration of your isolation is provided in connection with the order. The duration of the isolation is typically 10 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 with a test and you do not experience symptoms, the duration of the isolation is 10 days from the testing date.

If you have symptoms related to coronavirus after a 10-day isolation, please contact the Epidemiologic Operations Unit, tel. 09 310 51222 (open daily 9:00–15:30). You can also send a contact request to tartuntataudit@hel.fi. However, do not send any coronavirus-related information or your other health information by e-mail.

If you only have mild symptoms and your isolation does not need to continue but you need sick leave, please contact your health station or your occupational healthcare services.

What does isolation mean?

You must spend the isolation period in your home. You must practise social distancing and remain in your home. 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.

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

To reduce the risk of infection, you should also stay away from other people living in the same household. You should remain in a separate room when possible. It is important to maintain good hand and coughing hygiene.

You must avoid human contact even when you need to walk your dog or take out rubbish, for example.

Treating the illness

You may treat your illness at home if your symptoms are mild and you do not belong to a risk group. Your health station doctor or occupational health care doctor will assess your situation when giving you your coronavirus test results. It is important to rest and drink plenty of fluids when ill. You can relieve fever and pain with over-the-counter medicine.

If you develop any serious symptoms, such as shortness of breath, and your overall condition deteriorates, call the Coronavirus Helpline, tel. 09 310 10024 (open daily 8:00–18:00). At other

times, please call the Medical Helpline, tel. 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 develops one of the following symptoms, you must visit a doctor immediately – regardless of the cause or any pre-existing conditions.

- difficulties with breathing
- bluish or grey skin
- the child does not drink enough
- the child vomits profusely or constantly
- the child is unresponsive and cannot be awakened
- the child is so irritable that they do not want to be held
- the symptoms go away but return with a fever and more severe coughs.

Compensation for loss of income

You are entitled to the communicable disease allowance due to loss of income caused by the isolation. You may apply for the allowance from the Social Insurance Institution of Finland (Kela). You will be issued a decision concerning your isolation by the doctor in charge of communicable diseases in Helsinki to attach to your application. The isolation decision will be sent to you automatically as a registered letter or secure e-mail. You must submit your application to Kela within two months of being ordered to isolate.

The communicable disease allowance will cover loss of income caused by absence from work, isolation or quarantine in full. An employee's allowance is based on the wages they would have earned if they had been able to 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.

Your close contacts will be contacted concerning the quarantine

The City of Helsinki Epidemiologic Operations Unit will map your close contacts and determine their quarantine periods. The quarantine will last for 14 days starting from the last close contact with the infected person.

The isolation is mandatory

You must comply with the isolation order issued by a communicable disease authority. According to Finnish law, breaking quarantine or isolation is punishable as a health protection violation, even if you do not infect anyone, and carries a punishment of a fine or up to three months in prison.