



Instructions for people ordered to quarantine due exposure to COVID-19

The coronavirus (COVID-19) has been classed as a generally hazardous communicable disease. According to the Communicable Diseases Act (1227/2016), the physician in charge of communicable diseases in a public service employment relationship either with the municipality or joint municipal authority for a hospital district may order a person, who has or is justifiably suspected of having a generally hazardous communicable disease or a disease that is justifiably suspected of being generally hazardous, to be isolated. Home quarantine means staying at home and its intention is to prevent further infections.

A person who is quarantined due to exposure must

- stay at home
- avoid all social contacts (you can only have social contact with the members of the family who live in the same home as you)
- stay indoors. you can move around the outside grounds of your home (e.g. detached house with private grounds), unless there are other people using the same grounds. you can only spend time outdoors if this is absolutely essential (e.g. taking the dog for a walk), but make sure you keep a safe distance from other people that is more than two (2) metres.
- make sure that you can always be contacted
- contact your own medical centre, tel. _____ if he/she experiences symptoms (runny nose, cough, sore throat, high temperature/fever, changes in sense of taste or smell, stomach pain/diarrhoea). Persons exposed must be tested for the COVID-19 virus.
- You are not allowed to go shopping for food. Your close friends or family members, who are not in quarantine, can do your shopping for you. If you do not have anyone who can do your shopping for you, please contact your local authority (municipality).
- Exposed family members do not have to stay in quarantine, rather they can live their lives as normal. This situation changes, if any exposed person falls ill.
- If a person does not experience any symptoms, the coronavirus test does not produce reliable results of infection.

Quarantine times are specified by patient.

- The quarantine time for persons who were exposed is 14 days from the last exposure
- The duration of quarantine for exposed family members and others living in the same household is 14 days (two weeks) from the start of symptoms when tested positive. If one or more people living in the same household fall ill, quarantine must continue. In this case, the duration of the quarantine is counted from the start of symptoms of the last person to get the infection. However, the duration of quarantine for persons exposed who live in the same household is set at a maximum of four weeks.

Any employed individual who has been ordered to quarantine, is entitled to receive sickness allowance on account of an infectious disease, which must be applied for from KELA using the quarantine order that has been signed by the physician responsible for infectious disease control

in the municipality or hospital district. If you provide for a child aged under 16 years, you can receive infectious disease allowance if your child has been ordered to stay at home due to an infectious disease and for this reason you cannot work.

For more information about the sickness allowance on account of an infectious disease: KELA Sickness Allowance on Account of an Infectious Disease

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