



## Instructions for patients after taking the COVID-19 test

Due to your symptoms of respiratory infection, you have taken a coronavirus test. Until you receive the results of this coronavirus test, you must stay at home in quarantine conditions. The purpose of quarantine is to try and prevent further spreading of the infection.

### While waiting for the test result

- 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
- you are not allowed to go shopping for food. Your close friends or relatives can go shopping for you.
- family members do not have to stay in quarantine while waiting for the results of the coronavirus test, they can live their lives as normal.

### Test results

- you can ask for your test results by calling \_\_\_\_\_
- if the result of your coronavirus test is positive, the Infection Control Unit of the Lapland Hospital District will contact you by telephone

If you have been ordered to quarantine before due to exposure, please adhere to the instructions for staying at home.

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