

## Directions for home quarantine or isolation

These directions are intended to be printed out. There are parts in these directions that will have to be filled in.

In accordance with the Communicable Diseases Act 60§ you have been placed in quarantine / isolation by (the name of the person who gives the directions)

\_\_\_\_\_ due to being diagnosed with/exposed to a communicable disease that poses a risk to the public, or you have been diagnosed with a communicable disease that poses a risk to the public. Therefore you have to restrict your activity and movement until your treating physician or nurse instructs you otherwise. Stay at home, do not visit others and do not invite guests to your home. A physician and/or nurse will monitor your health during the quarantine / isolation. The mode of contact with the health centre is agreed on case-by-case.

### During the quarantine you are not allowed to

- Go to work. To work at home is possible and can be agreed on with your employer.
- Go to school or other place of study. You will receive instructions from your school for possible distance learning.
- Go to church, the mosque or other similar place of worship.
- Go to restaurants, shops, shopping centres or other public places.
- Go to public swimming pools or similar exercise/sports facilities.
- Go to other public exercise/sports facilities.
- Go to the theatre, the movie theatre, restaurants or bars.
- Go to the barber or hairdresser, cosmetologist, massage therapist or pedicurist.
- Use public transport such as trains, buses or taxi.
- Invite guests to your home or visit others.
- Allow external cleaning services or other workers into your home. This does not apply to home care, home health care or other similar services. These caregivers should be made aware that you are placed in quarantine before they enter your home.

### At home

- You can be in the same room as your family. If you have symptoms, maintain a distance of 1-2 metres from other people.
- Sleep alone in your own room.
- Air the room by opening a window in the morning and evening for at least 15 minutes.

- Cover your mouth and nose tightly with disposable tissues when you sneeze or cough. If you do not have a tissue, press the upper part of your shirt sleeve tightly to your nose or mouth and sneeze or cough into it, not into your hand. Put the tissue in a plastic bag immediately after and/or place it in a trash bin. Wash your hands with water and soap and/or use hand sanitizer.
- The cutlery you use can be washed as normal.
- You can clean your home as normal.
- Excretions such as vomit and mucus should be cleaned up with cleaning detergents that you have at home, or with disinfectant if possible.
- Wash clothes and bedding as normal in the washing machine.

## **Movement outside**

### **If you are isolated at home**

- If you have a fever you have to stay at home and rest.
- To decrease the risk of transmission you should keep away from other people - even from other people living in the same household. If possible, you should stay in another room than other people. If you cannot stay in a different room, keep a safety distance of 1-2 metres from other people living in the same household.
- Even if you are feeling well you cannot go to the store or do errands. You can walk the dog, if no one else can do it for you. Maintain a safety distance of 1-2 metres to other people when you are outside, and use face masks.
- Wash your hands thoroughly before leaving your home.

### **If you are in quarantine**

- You should avoid close contact with people outside of your own household.
- You can go outside, if you maintain a distance of at least 1-2 metres to other people and use a face mask. But you cannot go to work, the store, the pharmacy, hobbies/sparetime activities or public events, because it is difficult to avoid close contact in these places.
- Wash your hands before you leave your home.
- If a child or a young person is in quarantine, they are not allowed to go to daycare or school.
- You can ask e.g. friends or relatives to run errands to the store or pharmacy. You can order groceries online. You can also ask for help from the social services in your municipality.
- If you develop symptoms that correspond to the coronavirus, go to a corona testing.

## **Handling food**

- A person who lives in the same household as you can go to the store as normal, if he/she is not placed in quarantine as well.

- Another relative who does not live with you or a friend can go to the store on your behalf and leave the groceries at your doorstep. The delivery has to be made without contact with the person who delivers the groceries.
- You can order groceries online or order food delivery to your home. The delivery and payment have to be made without contact with the person who delivers the groceries.
- If a food delivery cannot be arranged in any other way, your home municipality is responsible for it in accordance with the Communicable Diseases Act 68§. The social emergency services of your municipality will then arrange food service for you.

## Other family members

- If a member of your family is diagnosed with a communicable disease that poses a risk to the public (e.g. covid-19), the whole family is in quarantine and has to observe all these directions.
- If an elderly person or a person with a pre-existing condition lives in the same household as you, it is evaluated on an individual basis by a person responsible for communicable diseases from your health centre whether he/she can live in the same home as you.
- When someone in your family is in quarantine due to **exposure** to a communicable disease that poses a risk to the public, the other family members go on living a normal day-to-day life. Your family members are not in quarantine if they have not themselves been in close contact with a person who has a communicable disease, i.e. been exposed to infection. The situation changes if a person who is in quarantine due to exposure falls ill.

## Other

- If you during your quarantine have a pre-booked appointment at your health centre, you have to contact the health centre in advance and inform the health centre that you are placed in quarantine / isolation. Do not go to the appointment without advance notification. As a general rule an appointment or procedure is re-scheduled until the risk of infection is over.
- The infectious disease allowance will compensate for your loss of earnings if you are directed to be absent from your work or placed into quarantine or isolation in order to prevent the spread of a communicable disease. You may be eligible for infectious disease allowance even if you are not unable to work. The physician or nurse responsible for infectious disease control in your home municipality or hospital district will make a written statement for placement in quarantine. You can use a copy of the statement for isolation / quarantine, alternatively a sick leave certificate signed by a physician responsible for infectious disease control, when applying for infectious disease allowance for your quarantine period from Kela.
- If your under 16-year old child has been ordered to stay at home due to a communicable disease and you cannot go to work because of this, you can be entitled to infectious disease allowance.

- If you have to use the ambulance during your quarantine, inform the emergency centre that you are placed in quarantine when you call the emergency centre.

**Contact information:**

**Physician or nurse responsible for infectious disease control in your home municipality.**

**Telephone**

The Hospital District of Southwest Finland • [www.vsshp.fi](http://www.vsshp.fi) • Switchboard 02 313 0000

These directions are intended for patients in our care.