

Instructions for those placed in home quarantine

If you have been required to go into quarantine by an infectious diseases doctor because of exposure to the coronavirus, you have to limit your activities until such a time as the doctor or nurse dealing with you advises otherwise.

Stay at home, do not go on visits anywhere and do not invite guests to your home. Your doctor or nurse will keep track of your state of health as needed.

During quarantine prescribed by an infectious diseases doctor, you are not allowed to:

- Go to your workplace
- Go to school or other places of study
- Go to any restaurants, shops, shopping malls or other public spaces
- Visit swimming pools or other similar sports places
- Visit other leisure activity locations
- Visit theatres, cinemas, restaurants or bars
- Use public transport vehicles such as trains, buses or taxis
- Invite guests to your home or visit other people in theirs
- Use where you live me a cleaner, or other employee, from outside the home

While you are at home:

- Sleep alone in your own room
- Ventilate the room by opening the window in the morning and evening for at least 15 minutes
- If infected people reside in the same household, avoid unnecessary close contact with them
- Firmly protect your mouth and nose with a disposable handkerchief when you cough or sneeze. If you do not have a handkerchief, then cough or sneeze in a contained way into the top of your shirt sleeve, not into your hand. Seal the handkerchief in a plastic bag immediately after use and / or place it in a waste disposal container. Wash your hands with soap and water and / or use a hand sanitiser.
- Wash the cutlery you use in the normal way
- Wash clothes and bedding in the washing machine in the normal way
- You can clean your home normally (but do use a cleaning person from outside the home). A HEPA filter is recommended for the vacuum cleaner
- Thoroughly clean refrigerator doors, remote controls, and other surfaces that get touched often
- Wipe off any stains from body fluids, such as vomit or spit with a chlorine-based disinfectant. The dilution used should be 500 ppm, check the dilution instructions on the disinfectant bottle's label

Outdoor activities:

- You can be on the balcony or outside in your yard, but you must not be in direct contact there with people from outside your own household
- Give the task of walking pets, particularly if you live in an urban area, if possible to a person who is not quarantined- You can also look for a care facility for your pet. In all other cases, you can

walk pets outside the home, as long as you are not in direct contact with other people while doing so

Food matters:

- Ask someone else, who is not quarantined, to handle your food shopping
- You can also order food to be delivered to your home online or by phone. In that case make sure you are not in contact with the food delivery person when you get the delivery and pay for it
- You can also get assistance for dealing with practical matters in some cases from the Social services customer care and counseling service called Siiri or the social information and counseling service Polku

Other instructions:

- There is an infectious disease allowance that compensates for losses of earnings if you have been quarantined or have been required to isolate by an infectious diseases doctor. You can also receive an infectious disease daily allowance if your child under 16 years of age and has been quarantined and for that reason you are unable to go to work. You can apply for the infectious disease daily allowance from Kela. For the application, you need a written quarantine decision certificate from an infectious diseases doctor or a sick leave certificate (SVA). The infectious disease daily allowance is not paid to those who are in voluntary quarantine. [Read more about the infectious disease daily allowance from the Kela website](#)
- If you need to use an ambulance during your quarantine, tell the emergency services centre when you call them that you are in quarantine

If you get symptoms:

Make an appointment for a coronavirus test through the Omaolo.fi service or by calling the service number 116117