

Quarantine Instructions

You have been ordered into **quarantine** because you have been in contact with a person who has tested **positive for Covid-19**.

Quarantine means restricting the freedom of movement of a **healthy person**. Covid-19 may be transmitted already **1 to 2 days before** the actual symptoms occur. Quarantine is used to **prevent further transmissions** from a person who is potentially infected but asymptomatic.

According to the Communicable Diseases Act (1227/2016), a physician responsible for communicable diseases in the municipality may order a person into quarantine if the person is suspected of having a generally hazardous communicable disease. If you are not able to work from home, you have the right to receive **sickness allowance on account of an infectious disease**. You have the same right if you provide for a child aged under 16 years.

A person in quarantine should **avoid close contact with people outside of their family**. They may go outside as long as they **don't show any symptoms** and don't go near other people. Make sure to maintain a safety distance of at least 2 meters (6.5 feet). For example, you are **not allowed** to go to **work, school, or day-care**, or to enter **shops or engage in social hobbies** because it is difficult to avoid close contact when doing such things.

A quarantine period can usually be carried out at home. However, if you live with people over 70 years of age, or with people who have other illnesses, please notify Sipoo Corona Tracking Unit of the situation. The disease caused by the coronavirus may be **severe for the elderly and those with underlying health conditions**.

If you **develop symptoms** while you are in quarantine, you will be **referred to a test**. The symptoms of Covid-19 include for example **headache, blocked nose, throat pain, runny nose, cough, muscular pain, fever, loss or change to sense of smell or taste, stomach pain, diarrhea, tiredness, and shortness of breath**. People without symptoms are not tested.

A negative test result **does not result in a shorter quarantine time**.

If you develop **symptoms** that resemble those of Covid-19 **while you are in quarantine**, or you have questions about the quarantine, please contact Sipoo Corona Tracking Unit at **09 2353 6012**. Our office hours are 8 a.m. to 6 p.m. Monday to Friday and 9 a.m. to 4 p.m. on weekends and holidays.

Please be responsible and follow the instructions!