

What does isolation mean?

In order to prevent the spread of the coronavirus epidemic, a person diagnosed with a coronavirus infection is ordered into isolation. The aim of isolation is to avoid possible further transmission. Isolation decisions are made pursuant to the Communicable Diseases Act (Tartuntatautilaki, 1227/2016).

The duration of the isolation

Information on the duration of the isolation is provided in connection with the isolation order. The duration of the isolation is typically 10 days from the start of the symptoms for a person with mild symptoms and 14 days for a person who requires hospital care.

You must have been asymptomatic for 2 days before ending isolation. If your infection has been confirmed through testing and you are not experiencing any symptoms, you must isolate for 10 days from the date of your test.

If you experience any coronavirus symptoms after 10 days of isolation, please contact Rauma's Coronavirus Helpline at +358 44 403 5234 (open daily 8am–4pm). If your symptoms are mild and there is no need to extend your isolation, but you need sick leave, please contact your health centre or occupational healthcare services by phone.

What does isolation mean in practice?

You must stay at home during the isolation period. You must avoid close contact with other people and remain in your home. You may not, for example, go to your workplace, school, daycare, hobbies, shops or pharmacy, because close contact is difficult to avoid in these places. You must not have visitors in your home. If no one is able to bring you food or medicine, you can contact the Social Services' Coronavirus Helpline on +358 44 793 3343 (Mon–Fri 8am–4pm) or +358 2 623 4380 (4pm–8am). In an emergency, call the emergency number 112.

To reduce the risk of infection, you should also maintain a safe distance from other people living in your household. Where possible, you should remain in a separate room from other people in your household. It is important to maintain good hand hygiene and follow the coughing etiquette.

You must avoid human contact even when walking your dog or taking out the garbage, for example.

Treating the illness

You may treat your illness at home if your symptoms are mild and you do not belong to a risk group. Your doctor will assess your situation when giving you the results of your coronavirus test. It is important to rest and drink plenty of fluids when ill. To relieve fever and pain, you can take over-the-counter medicine.

If you develop any serious symptoms, such as shortness of breath, and your overall condition deteriorates, call Rauma's Coronavirus Helpline on +358 44 403 5234 (open daily 8am–4pm) or +358 2 835 2670 (open daily 4pm–10pm). At other times, call the Medical Helpline on 116 117. If you need immediate treatment, for example if you experience sudden chest pain, call the emergency number 112.

If your child experiences any of the following symptoms, please see a doctor as soon as possible, regardless of the cause of the disease or any underlying illnesses.

- difficulty breathing
- bluish or grey skin
- the child is not drinking enough
- severe or continuous vomiting
- the child cannot be woken and does not respond
- the child is so irritable he/she does not want to be held
- the symptoms disappear, but then reappear, accompanied by a fever and a severe cough

Compensation for loss of income

You are entitled to receive communicable disease allowance as compensation for the loss of income caused by the isolation. You may apply for the allowance from the Social Insurance Institution of Finland (Kela). You will be issued a decision concerning your isolation by the doctor in charge of communicable diseases in Rauma to attach to your application. The isolation decision will be sent to you automatically as a registered letter or secure e-mail. You must submit the application to Kela within two months of being ordered into isolation.

The communicable disease allowance provides full compensation for the loss of income due to isolation, quarantine, or absence from work. For employees, the allowance is determined based on the wages they would have earned if they had been able to work. For entrepreneurs, the allowance is determined based on the valid annual earned income on which their YEL or MYEL insurance contributions are based. Guardians of children under the age of 16 are entitled to sickness allowance on account of an infectious disease if the child has been quarantined and the guardian is therefore unable to work.

For more information, please visit www.kela.fi/web/en/sickness-allowances-infectious-disease.

Your close contacts will be contacted

Rauma's epidemiological operations unit will map your close contacts and determine the quarantine period for them. The duration of the quarantine is 10 days from the last close contact with the infected person. If there are other people living in your household, the length of the quarantine is two weeks from the onset of symptoms of the first infected person or, in the case of a symptomless person, two weeks from the testing date.

You must comply with an isolation order

You must comply with the isolation order issued by a communicable disease authority. According to Finnish law, violating a quarantine or isolation order may constitute a health protection violation (even if you do not infect anyone) and carries the penalty of a fine or up to three months in prison.