

Directions for home quarantine

In accordance with the Communicable Diseases Act 60§ you have been placed in **quarantine** due to exposure to 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. The mode of contact with the health center 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 centers or other public places.
- Go to public swimming pools or similar exercise or sports facilities.
- Go to other public exercise or 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. Maintain a distance of two meters/ six feet to others.
- 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.

Outside

- If you live in a sparsely populated area or detached/semi-detached house, you can move about in the nearby area of your home but not be in direct contact with people who do not belong to your own household. Maintain a distance of two meters/ six feet to other people.

- If you live in a city area or in a high-rise building, you can move about in the vicinity of your home, but not be in direct contact with people who do not belong to your own household. Maintain a distance of two meters/six feet to other people.
- Make sure that you are alone in the elevator.
- You are allowed to walk pets if no one else in your household can do it. Maintain a distance of two meters/six feet to other people.
- You can move about in your own car, but not go to places where you might come in direct contact (less than 2 meters/six feet distance) with people from outside your own household.
- Do not touch handrails, handles, buttons in public places with bare hands.

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.
- A family member living elsewhere or a friend can go to the store for you 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 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 food service arrangements are always done on an individual basis.

Other family members

- Other family members can live a normal everyday life. Your family members are not in quarantine if they have not themselves been 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.
- If an elderly person lives in the same household as you, it is evaluated on an individual basis whether he/she can live in the same home as you.

Other

- 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 in order to prevent the spread of a communicable disease. You may be eligible for infectious disease allowance even if you are not personally 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 this statement, 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 ambulance during your quarantine, inform the emergency center that you are placed in quarantine when you call the emergency center.

- If you during your quarantine have a pre-booked appointment at your health center, you have to contact the health center in advance and inform the health center that you are placed in quarantine. 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.

Contact information:

**Nurse responsible for infectious disease control in your home municipality,
telephone: 040 180 98 37**

**Nurse responsible for infectious disease control in health care district,
telephone: 044 707 6438**