

Instructions in case of Covid-19 exposure

Exposed individuals are not placed under quarantine, but anyone who has been infected by Covid-19 is asked to inform exposed individuals.

As a result of increased numbers of infections and tracings, placing exposed individuals under quarantine is no longer considered to have the possibility of preventing infections. Therefore, exposed individuals are not placed under quarantine, but anyone who has tested positive is asked to inform their close contacts. **If you receive information about exposure, avoid any unnecessary contacts, monitor your symptoms, carry out a home test in case of symptoms and, if necessary, request for a test to be carried out at your healthcare centre.**

In case of exposures within the same family/household, a daily home test is also recommended to be carried out in asymptomatic patients. Testing is recommended to be continued for 5 days. The period starts from the first day of symptoms of an infected family member or, in the case of an asymptomatic individual, from the day of a positive test result. If several family members fall ill, the testing is continued for 5 days from the start of the symptoms in the family member who last tested positive/the last positive test.

It is recommended that social and healthcare workers are tested for 5 days from their most recent exposure, also in other than family exposure situations.

Exposure can be considered a period of approximately 15 minutes without a surgical mask/FFP2 mask while being face-to-face or in the same room with a patient who has symptoms or 48 hours before the start of symptoms or two days before testing an asymptomatic patient, who tests positive. However, exposure can occur in an even shorter period of time.

For example:

- People living or visiting the same household
- travelling party of a positive case
- individuals on an aeroplane who have sat next to an infected person, not behind, in front or on the other side of the aisle.

Measures to prevent infections

In addition to the regulated restrictive measures and to avoid any stricter limitations, citizens' personal measures to prevent infections are particularly emphasised.

These include:

1. get vaccinated
2. wash and disinfect your hands
3. wear a mask
4. observe safety distances
5. stay at home if you have symptoms and take a home test, if necessary
6. inform your contacts if you have tested positive
7. avoid unnecessary contacts
8. observe the instructions concerning isolation and quarantine