

What to do if your COVID -19 test result is positive: Isolate yourself to avoid further infections, inform your close contacts about exposure

The coronavirus (COVID-19) is classified as a generally hazardous communicable disease. In order to prevent further infections after a positive test result, a person will be ordered to be isolated by the physician in charge of communicable diseases in a municipality or hospital district (Communicable Diseases Act 1227/2016). **If the symptoms are mild** and hospitalisation is not required, isolation takes place at home or in a place equivalent to a home. **If the symptoms require hospitalisation**, isolation is in the hospital.

The duration of isolation is at least 7 days (symptom start date +7 days, or asymptomatic test day +7 days). If you are still not able to work due to symptoms at the end of isolation, please contact occupational health care for sick leave.

Information of a positive test result will be used to trace the infection. Not everyone who has tested positive will be automatically contacted by phone. Most people will receive an SMS message with information on the duration of isolation.

An isolation order issued under this instruction and verbally from the testing location must be followed, even if the tracing staff have not contacted you. A written isolation order will be delivered to you at a later date. Please do not call and crowd the health centre's telephone line to ask about the orders. During the isolation period, it is possible to apply for an infectious disease allowance from Kela (compensates you for loss of earnings or if the employer pays the wages, the employer can claim the wage costs from Kela).

During isolation:

- Avoid close contact with others
- Do not use the common areas of an apartment building, public transport or taxi
- If you live with others in the same household, try to isolate yourself in your room and/or keep a safe distance from others
- Do not leave your home and meet with other people except for absolutely necessary reasons (doctor, corona test). If you need to leave for these reasons, wear a mask (preferably an FFP2 mask).
- Guests are not allowed to visit you
- You can go outdoors on your own if you make sure you don't expose other people during outdoor activities (safety distances, avoid areas where there are a lot of other people)
- Make sure you observe good cough and hand hygiene

If you are pregnant, or you have given birth less than 6 weeks ago, you may require anticoagulant therapy, even in case of mild symptoms. Please contact the health centre's emergency department immediately by calling 0400 356 498.

Flu symptoms can be treated with NSAIDs, paracetamol, nasal sprays. Rest and drink enough (at least 1.5-2 l / day) and walk regularly. **If your symptoms worsen** and you have worsening shortness of breath, get sudden pain or swelling in the calf area or your general condition deteriorates, contact the health centre's

emergency department by calling 0400 356 498. Do not enter the health centre without telephoning in advance. **If your condition gets worse suddenly and severely, call 112** and remember to inform the emergency services that you have COVID-19.

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

Exposure can be considered a period of approximately 15 minutes face-to-face or in the same room with a patient who has symptoms for 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.

It is recommended that exposed individuals monitor their own symptoms and get tested if any symptoms of contagion occur.

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

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.

Food/medicine service during isolation if you do not otherwise receive help (e.g., from relatives, friends or neighbours)

Home care supervisor 040 716 0245

Arranging childcare if you fall ill and are unable to take care of your children, and can't get help otherwise

During office hours Mon-Fri 8 am – 4 pm: Social Services, Municipality of Kittilä, phone 040 482 5898

At other times: Lapland Social Services, phone 040 726 6965

More information:

[Kela website: infectious disease allowance,](https://www.kela.fi/web/en/sickness-allowances-infectious-disease)

<https://www.kela.fi/web/en/sickness-allowances-infectious-disease>

<https://www.kela.fi/tyonantajat-tartuntatautipaivaraaha>

[THL: quarantine and isolation](#)

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/transmission-and-protection-coronavirus/quarantine-and-isolation>

[LHSP: instructions for the patient](#)

https://www.lshp.fi/fi-FI/Ammattilaisille/Infektioiden_torjuntayksikko/Infektiokohtaiset_torjuntaohjeet

Isolation questions and requests for isolation orders:

Tartuntataudit@kittila.fi

You can view your test result at [Omakanta - Kansalaiset - Kanta.fi](#) under laboratory results.

An AG test is sufficient for making a diagnosis and PCR tests have been given up in terms of tests paid by public health care.

A coronavirus certificate is not produced from an AG test on the My Kanta page. If you need a certificate, please obtain a PCR test at a private testing location at your own expense.