

Instructions for those suffering from coronavirus

If you are a Turku resident and the result of your coronavirus test is positive, you will be notified by SMS. The message will say that

- you have contracted coronavirus
- you are ordered to remain at home
- a nurse will call you. The call will always come from an unknown number.

Children who do not have their own telephone number will receive information about coronavirus test results at the number that you previously gave to your own doctor or nurse.

Remember the following when you have coronavirus

- You are ordered by the infectious diseases specialist to isolate yourself.
- Stay at home for at least seven days from the time that you fell ill. You may not leave home and meet other people until you have been healthy for two days after your illness.
- You can pass coronavirus on to other people. Do not go near others.
- If you live together with others, you should be in a separate room from them.
 - If you cannot be in a separate room, keep a safety distance of 2 metres from other people living in the same dwelling as you.
 - The use of a mask will reduce the risk of passing on the virus.
- Even if you feel well, you may not go out, for example to go shopping or run other errands. If you need food or something else from a shop, ask someone you know to do your shopping for you and to leave it outside your front door.
- Do not use the public areas of your residential complex.
- Do not invite visitors to your home.

- Wash your hands often and dry them with a towel used only by you.
- Cough or sneeze into a disposable handkerchief.
- Ventilate your home, for example by opening the windows

- Remember to rest and to drink a sufficient amount of fluids.
- You can relieve fever and pain with medicines available from the pharmacy without prescription.
- Monitor your condition, and call the health centre if you are worried about your health or if your condition deteriorates. If you must visit the doctor, use a mask.

When should I contact the health centre?

Called the health centre or a doctor immediately if you experience shortness of breath and, for example, you are unable to drink enough or you feel so poorly that it is difficult for you to get out of bed.

Further information on the subject:

www.turku.fi/korona

www.turku.fi/se/corona

www.turku.fi/en/corona (included Google Translator)