

Instructions for those exposed to coronavirus

- An infectious diseases specialist has ordered you to self-isolate.
- You have been in contact with someone suffering from coronavirus, so you may have contracted the disease.
- A person exposed to coronavirus must self-isolate for at least 14 days.
- Self-isolation:
 - Avoid unnecessary contact with your family members
 - Do not go near people from outside your home. You may go out as long as you keep a distance of 2 metres from other people.
 - You may not go, for example, to work, to a shop, shopping centre, pharmacy, hairdresser, to do hobbies, to church, a mosque or a similar place or public event, because in such places it is difficult to avoid being near to other people.
 - A child or adolescent must not go to daycare or school. An adult in self-isolation must not go to work.

Symptoms indicating coronavirus infection are:

- headache
- loss of the sense of smell or taste
- runny or blocked nose
- cough
- shortness of breath
- lack of strength, tiredness
- muscular pains
- sore or rough throat
- fever
- nausea, vomiting
- diarrhoea

If you have symptoms consistent with coronavirus, call and book a time for a test:

- Turku coronavirus helpline, tel. **02 266 2714**
- School- and student health care coronavirus helpline, tel. **02 266 2012**
- Turku Region Emergency Services, tel. 02 313 8800
- Emergency Services at weekends, tel. 116,117

If you must visit the doctor, use a mask or cover your nose and mouth with a disposable handkerchief.

Further information on the subject:

www.turku.fi/korona

www.turku.fi/se/corona

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