

Instructions for you if someone in your family contracts coronavirus

- An infectious diseases specialist has ordered you to self-isolate.
- You may have contracted coronavirus.
- See “instructions for those exposed to coronavirus”.

If you are caring for a sick child or adult

- Only one and the same adult may care for the sick person.
- Ensure that the sick person does not cough directly onto your face.
- Wash your hands frequently. And whenever you touch the sick person, have been in the same room as him/her, or handle the handkerchiefs or towels that he/she has used.
- Use a mask.
- Monitor the condition of the sick person and call the health centre if necessary.
- Ensure that the sick person drinks a sufficient quantity of fluids.
- If your child does not feel like eating, give him/her a sugary drink.
- The sick person must stay at home for at least seven days after falling ill. He/she may not leave home and meet other people until he/she has been healthy for two days after the illness.

If your child has any of the symptoms listed below, take him/her to a doctor:

- difficulty in breathing
- bluish or grey skin
- the child is not drinking enough
- the child is vomiting heavily or continuously
- the child does not wake up or react to anything
- the child is so irritable that he/she does not want to be in your lap
- the symptoms disappear but then reappear with a fever and a worse cough

Cleaning and laundry in the sick person’s room

- There should be a waste bin in the sick person’s room. Throw handkerchiefs and masks directly into the bin after use. The waste bag must be closed before being taken to the public waste receptacle. Remember to wash your hands after handling rubbish or touching used handkerchiefs, etc.
- Visible surfaces that you touch with your hands (e.g. door handles, light switches and remote-control devices) must be cleaned every day with a household cleaning agent.
- Clean the toilet daily (e.g. with a household disinfectant).
- Wash the sheets at a temperature of 60–90°C. Use detergent. Avoid the unnecessary handling of dirty laundry. After you have handled dirty laundry, wash your hands carefully with soap and water or a hand sanitiser containing alcohol.

Further information on the subject:

www.turku.fi/korona

www.turku.fi/se/corona

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