Department of Hospital Hygiene and Infection Control 21.4.2020

**Instructions for people ordered to quarantine or isolate at home**

Under section 60 of the Communicable Diseases Act (1227/2016), you have been ordered into quarantine / isolation (*cross out as appropriate*) by (*insert the name of the person issuing instructions here*)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**due to infection**/**exposure to infection** (*cross out as appropriate*) with a generally hazardous communicable disease. For this reason, you must restrict your actions until your attending doctor or nurse advises you otherwise. Stay at home, refrain from visiting others, and do not invite people to visit you. During the quarantine/isolation, your health will be monitored by a doctor and/or a nurse. A method of contact with the health care provider will be agreed on a case-specific basis.

**During quarantine/isolation, you must not:**

 It is possible to work from home and you can agree on this with your employer.

 Your school will provide you with any instructions on remote learning.

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 This does not apply to home care, home nursing or other equivalent services. These people must be aware of your quarantine before they arrive at your home.

**At home**

 If you are symptomatic, keep a distance of 1-2m from other people.

 If you do not have a tissue, cough or sneeze tightly into the upper part of your sleeve; not into your hands. Place the tissue into a plastic bag immediately after you have used it and throw it away. Wash your hands with soap and water and/or use hand sanitiser.

**Spending time outdoors**

**isolating at home**

o you must stay at home and rest if you have a fever.

o if your fever has gone and you live in a single-family house or in a scattered settlement, you can spend time outdoors in your own garden as long as you feel well enough, but you must not come into direct contact with anyone outside of your own household; keep a distance of at least 2 metres from other people.

o wash your hands thoroughly before you leave the house

o if you live in an urban area or an apartment block, you may not leave your apartment to exercise or to spend time in the building’s shared spaces.

**in quarantine**, you can go outside, **as long as you have no symptoms of a respiratory infection**:

o wash your hands thoroughly before you leave the house.

o if you live in a single-family house or in a scattered settlement, you can spend time outdoors in your own garden as long as you feel well enough, but you must not come into direct contact with anyone outside of your own household; keep a distance of at least 2 metres from other people.

o if you live in an urban area or an apartment block, you can leave your home to exercise nearby, but you must not come into direct contact with anyone outside of your own household; keep a distance of at least 2 metres from other people.

o always use lifts alone.

o exercising your pets outdoors is permitted if you are the only person in your household who can do so. Keep a distance of at least 2 metres from other people.

o you can travel in your own car, but do not go to places where you may come into direct contact (less than 2m) with people who are outside of your household.

**Food**

 You must not, however, come into contact with the person delivering the groceries.

 Payment and delivery must take place without any contact with the person delivering the food.

 In such cases, food will be provided by your municipality’s social services department.

**Other members of your family**

**is diagnosed** with a generally hazardous communicable disease, the entire family will be quarantined and must comply with these instructions in full.

**exposure** to a generally hazardous communicable disease, other members of your family can go about their everyday lives as normal. Your family members will not be in quarantine if they have not been exposed to, i.e., come into close contact with a person who is ill with a generally hazardous communicable disease. The situation will change if the person who is in quarantine due to exposure becomes ill.

**Other matters**

 If you do not notify the department in advance, you will not be able to go to your appointment. As a rule of thumb, appointments and procedures will be moved until the risk of infection passes.

 You are entitled to a communicable diseases allowance even if you are still able to work. The doctor responsible for communicable diseases in your municipality or hospital district will issue a written statement on the quarantine order. When applying for a communicable diseases allowances from KELA, you can use a copy of the isolation/quarantine decision or, alternatively, a medical certificate A signed by the doctor responsible for communicable diseases.

**Contact details:**

**The doctor or nurse responsible for communicable diseases in your municipality: Tel. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Hospital district infection control nurse:** weekdays: tel. 02 – 313 2431

Hospital district of Southwest Finland ● www.vsshp.fi ● Switch 02 313 0000

These instructions are meant for patients undergoing treatment from VSSHP.