

# The aim of quarantine and isolation is to prevent the spread of coronavirus.

## When and what?



**Self-quarantine**



If you are waiting for the result of a coronavirus test or are arriving to Finland from abroad, self-quarantine is recommended for you.



**Official quarantine**



If you have been exposed to coronavirus. The infectious disease physician will order a quarantine, tell you the length of it and provide other instructions.



**Isolation**

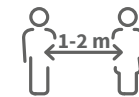


If you have been diagnosed with a coronavirus infection. The infectious disease physician will order for you to be isolated, tell you the length of the isolation, direct you to further treatment or provide treatment instructions.

## How to act?



Avoid contact with people outside the family.



You can go outdoors however, maintain a safety distance of at least 1-2 meters from other people.



Do not go to the store, to work, to the pharmacy, or to hobbies.



If you develop symptoms, get tested.

Always follow the instructions given by the infectious disease physician.



Take into account the instructions given. If you are at home, avoid contact with other family members when possible.