

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 1–2 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)



TURKU

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.

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

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 10 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 1–2 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:

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

What should I do if a member of my family has been exposed to coronavirus and ordered to self-isolate?

- A person ordered to self-isolate has been near someone suffering from coronavirus and may have become infected.
- Persons living in the same dwelling as someone ordered to self-isolate do not have to self-isolate (if they have not otherwise been exposed to coronavirus).
- A person ordered to self-isolate may be healthy but he/she may later contract coronavirus. His/her state of health must be monitored and, if he/she becomes symptomatic, he/she must go for a coronavirus test.
- If someone order to self-isolate becomes symptomatic, other family members should go into voluntary self-isolation. A symptomatic person ordered to self-isolate must go for a coronavirus test.
 - if the result of the test is positive, an infectious diseases specialist will order the whole family to self-isolate and the sick person to be further isolated at home.
 - if the result of the test is negative, the other family members may end their voluntary self-isolation.

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