

INSTRUCTIONS FOR A PERSON WHO HAS BEEN TESTED FOR COVID-19 INFECTION

1. You have been tested for coronavirus COVID-19

- If you have symptoms, stay at home and avoid all social contacts until you receive the test result. If the result is negative, you can return to work and normal life once your health has improved, but remember that all respiratory infections are contagious. If a child receives a negative result, they can return to school or early childhood education when they are recovering, even if the symptoms have not completely disappeared.
- If the test result is positive, **stay at home until the fever has subsided and your symptoms have improved, however, for at least five days.**
- **If you are pregnant or have given birth less than 6 weeks ago, contact your maternity/child health clinic to assess the risk of thrombosis and the need for medication.**
- If you do not have any symptoms but have been sampled due to epidemic screening of the unit, you can return to work using a surgical nose-mouth shield and maintaining a 2m safety distance to others. You can discuss the possibility of remote work with your employer.
- The family members showing no symptoms can move normally outside home and go to work/ school, although the test result of the family member with symptoms has not yet arrived.

2. If you are a member of the staff taking care of health care and social welfare patients and you manifest symptoms of acute infection:

- Stay away from work until you receive a negative test result and you are able to work.
- If you have severe symptoms -> stay at home on sick leave, even if the test result is negative (all respiratory infections are contagious!).
- If you have mild symptoms, are able to work, and you have received a negative test result, you can come to work, but use a surgical mouth and nose shield.
- **If you have treated a corona patient without proper protection or you have been placed in an exposure quarantine -> stay at home for 5 days, even if the test result is negative.**

3. If you have had close contact with a corona positive patient and you have been placed in an exposure quarantine

- In these cases, you have been notified of the need for quarantine
- Stay at home and avoid social contact for 5 days after the exposure, even if the test result is negative.

4. Obtaining the test result

- The sampling staff will tell you how to obtain the result and what the delay is in getting the test result. It can take 1-4 days to get the result. The test result can be delivered, for example, via the electronic channels on the Internet (e.g. Omakanta, Oulun Omaolo) and via text message.
- **You will not automatically receive a phone call to inform you of a positive result. If for any reason you need a quarantine or isolation decision, please contact us separately.**
- Raahe District Welfare Consortium, Infectious Diseases Outpatient Polyclinic tel. 040 135 8530. *The emergency department of Raahe Hospital does NOT provide test results for patients.*



- **The results for coronavirus tests taken at PPSHP public health care units can be viewed at www.koronatietoni.fi service. Test results for children under the age of 18 can also be viewed here. The results for test taken outside PPSHP units can be obtained from the sampling unit in question.**

REMEMBER GOOD HAND HYGIENE AND COUGHING ETIQUETTE!