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 QUARANTINE AND ISOLATION

## Quarantine and isolation

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

**thl**

**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 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.

**#coronavirus**

Source: THL 2021, 8.4.2021

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

There are two types of quarantine: self-quarantine and official quarantine. Some infectious diseases may become contagious before the actual symptoms develop. The objective of both forms of quarantine is to prevent an asymptomatic person from infecting others.

**Self-quarantine** is voluntary. Self-quarantine is recommended, for example, for a person waiting for the result of a coronavirus test or a person arriving in Finland from a country with a high incidence of coronavirus. The length of travel-related self-quarantine can be shortened by taking coronavirus tests.

[See instructions: Travelling during the coronavirus pandemic](#)

**Official quarantine** is based on an official decision made by a communicable disease control physician. A communicable disease control physician may order an asymptomatic person to be quarantined if he or she has been exposed to a generally hazardous infectious disease. In the case of Covid-19, the quarantine period is usually 14 days. Official quarantine cannot be shortened by taking coronavirus tests.

A person placed in quarantine has the right to receive the sickness allowance on account of an infectious disease.

[More information on the sickness allowance on account of an infectious disease \(Kela, in Finnish\)](#)

**Isolation** means that a person with an infectious disease is isolated from those who are healthy. The purpose is to avoid possible further transmissions. The person may be isolated in a hospital or at home.

[Infectious Diseases Act 1227/2016 \(in Finnish\)](#)

## What do I do when I'm quarantined?

When you are in either self-quarantine or official quarantine, you must avoid close contact with people outside your own household.

You can leave your home as long as you keep to a distance of over 2 metres from other people. However, you may not go to work, to a shop or pharmacy, or to participate in hobbies or public events, as it is difficult to avoid close contact in such places.

If the child or young person is in quarantine, they must not go to the day-care centre or school.

You can ask friends or relatives for help with shopping or visiting the pharmacy. You can order food from an online store. You can also request help from the social welfare services of your municipality of residence.

If you experience symptoms of coronavirus, go for a coronavirus test.

[Coronavirus tests](#)

## What should I do if a family member is quarantined?

As long as a person assigned to quarantine is asymptomatic and has not been diagnosed with coronavirus, family members can continue their lives as normal. For example, they can go to work and engage in hobbies.

Family members do not need to avoid close contact with a person in quarantine. This is because the person assigned to quarantine has only been exposed to coronavirus. Not all exposed people get infected, and if they are not infected, they cannot transmit the virus to others.

If a person in quarantine starts to develop symptoms, they are then tested. In such situations, it is recommended that family members remain in self-quarantine until the test result has been received.

If the result of the test is positive, the infectious disease physician assigns the family members to quarantine. If the result of the test is negative, family members may continue their lives as normal.

## If, for example, a coronavirus infection is detected at my workplace or in the class of a colleague's child, do I have to quarantine?

The need for quarantine depends on whether you have been in close contact with a person infected with coronavirus.

When a person is diagnosed with a coronavirus infection, the municipality of residence carries out contact tracing, on the basis of which nearby contacts are quarantined. If a person is not considered a close contact, they can continue their life as normal.

Contact tracing can take some time, especially if there are many exposed persons. If you do not know what to do, contact health care to check the situation.

## How is the length of quarantine calculated in a family where one member of the family contracts coronavirus first, then a second, and then a third?

When the first member of a family falls ill, the quarantine period is 14 days for other family members in the household who have been exposed to the disease. The time is calculated from the start of the symptoms of the person who is afflicted. If the infected person is without symptoms, the time is calculated from the day that the test was taken.

If another person or several persons in the same family fall ill, the quarantine is extended. In this case, the time is calculated from the first symptoms of the last person to show symptoms. If the infected person shows no symptoms, the time is calculated from the day that the test was taken.

According to the Communicable Diseases Act, quarantine may last up to one month at a time. If necessary, a communicable disease control physician may continue the quarantine.

People who have contracted coronavirus are in isolation according to the instructions of a Communicable Disease Control Physician.

## Do the same quarantine instructions apply to all Finnish schools or can quarantine guidelines be school-specific?

There are no school-specific instructions on official quarantine under the Communicable Diseases Act – the quarantine instructions are the same everywhere.

## What should I do if I am in home isolation?

You are isolated because you have been diagnosed with coronavirus and could therefore transmit the virus to others.

To reduce the risk of infection, you should remain separate from other people – including those living in the same household. If possible, you should remain in a different room to the other people in your household. If you cannot do this, maintain a safety distance of over 2 metres from other people living in the same household.

You may not go out, whether to a shop or to take care of other matters, even if you are in a good condition. You can take a dog for a walk if it cannot be arranged for someone else to do this. However, maintain a safety distance of over 2 metres from other people when outdoors.

[More detailed instructions: Treatment of coronavirus and instructions for the patient and the person caring for them](#)

## What about the family members of a person in home isolation?

The family members of the person in isolation are in quarantine. This means that they should also avoid contact with people outside the family. Family members should also avoid close contact with the person in isolation.

[More detailed instructions: Treatment of coronavirus and instructions for the patient and the person caring for them](#)

## May I vote in municipal elections if I am in quarantine or isolation?

You will find information on what to do if you are in quarantine or isolation on page Instructions for voters during COVID-19.

[Instructions for voters during COVID-19](#)

## How can you protect yourself from contracting coronavirus?

[Infection and protection – coronavirus](#)

See also

- [Coronavirus tests](#)
- [Children and coronavirus](#)

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