

Coronavirus test results and instructions

You have been tested for the coronavirus. These instructions prove that you have been tested for the coronavirus, if the sampling staff have marked the test date and fixed an ID sticker onto the printout.

Test date: ____/____ 2020

ID sticker

Results

You will be informed of the test result by text message as soon as it is ready, usually within two days of the test. Text messages are sent around the clock, so it may also arrive at night.

The message is sent by HUS. The text message says:

Your coronavirus (COVID-19) sample is positive. You have a coronavirus infection.

OR

Your coronavirus (COVID-19) sample is negative. The virus was not detected.

The text message will state the first name (or first and middle names) of the tested person and the date of the test. If you booked your appointment via the Coronabot service, please note that **positive coronavirus test results** will only be visible on the My Kanta pages after your home municipality's infectious diseases unit has recorded the result in the patient information system. Negative test results will be visible in My Kanta from the middle of November onwards. You can check other test results on the My Kanta pages at Kanta.fi.

If your home municipality is Helsinki, you will receive a text message about the test result from the City of Helsinki's Social Services and Health Care Division, and possibly also from HUS. These messages concern the same test.

If you do not receive a text message within 4 days, call your municipality's/health centre's coronavirus helpline to ask about the result. If you were tested at a sampling point of a private health care service, please follow the instructions of the service provider in question.

The Medical Helpline 116 117 and HUSLAB customer service do not give out test results.

Quarantine instructions

- Stay at home. You may go outside if absolutely necessary. If you go outside, make sure you stay more than 2 metres away from other people.
- Make sure the infectious diseases unit can contact you by phone.
- Do not go shopping yourself. Ask someone to go to the store for you.

- Symptom-free family members are not in official quarantine during the waiting period. However, they should check with their employer whether they should go to work.

Instructions

Stay in quarantine at home until you receive the test result. Follow the quarantine instructions. The quarantine measures have to be taken to prevent any further cases of infection.

If you were tested because your work unit is screening its employees, but you are completely symptom-free, you may return to work as per your supervisor's instructions.

If you test positive for the coronavirus, your home municipality's infectious diseases unit will call you and give you instructions about isolation and the length of it. They will provide you with an authoritative decision on your isolation. If you have downloaded the Koronavilkku app to your phone, you will receive a key code as well. By entering the key code to Koronavilkku, you anonymously alert people they have been in contact with of potential exposure.

If you have mild symptoms of COVID-19, you can recover at home. You must stay in isolation at home until at least 7 days have passed from the onset of symptoms. If your symptoms continue for more than 7 days, stay at home for 2 days after the symptoms have ended. With serious infections that require hospital care, the isolation period is 14 days or in case your symptoms continue longer than 14 days, stay at home for 2 days after the symptoms have ended.

Symptom-free individuals living in the same household as you will receive their quarantine decision from the municipality's infectious diseases unit.

If you test negative for the coronavirus, but you still have respiratory tract symptoms, stay at home and do not go to work/school/day care/hobbies until you have fully recovered. This will prevent you from infecting other people with a respiratory tract infection.

If you are in quarantine and you were tested because of symptoms that appeared during your quarantine, a negative test result does not revoke the existing quarantine decision.

If you have been tested due to an exposure alert from Koronavilkku app and a self-assessment at Omaolo.fi, the app will give you information and further instructions for a voluntary 10-day quarantine.

If your symptoms are prolonged or become more serious, call your health center or the coronavirus helpline again. If you have sudden symptoms when they are closed, call the Medical Helpline at 116 117. Only call the emergency number 112 in emergency situations. Tell them that you have been tested for coronavirus.

You can read more about how to treat a coronavirus infection at home on these websites: www.terveyskyla.fi/infektiotalo (in Finnish), www.hus.fi/coronavirus and www.thl.fi.

If you need to book a new appointment for a coronavirus test for yourself or a loved one, you can book it yourself at koronabotti.hus.fi/en. Helsinki residents can book a new appointment via the Omaolo.fi service.