

Novel coronavirus – COVID-19

If you fall ill or are caring for an infected family member at home

The majority of respiratory tract infections are mild. A doctor's diagnosis is not always necessary, as symptoms can be treated at home and will disappear in a week or two. This also concerns respiratory tract infections caused by coronavirus.

Washing your hands and coughing into your sleeve are the best ways of preventing the virus from spreading if you have it.

When you are unwell, it is important to rest and drink enough liquids. To treat fever and pain, you can take over-the-counter medicines available at the pharmacy.

If you have symptoms, you can infect others, and this is why you should stay at home for one day after symptoms have stopped. Do not go to work or take an infected child to day care until all symptoms have disappeared. Talk to your employer about being absent from work.

Other members of your family may contract the infection. If you have older people living in your household, consider if they could be accommodated somewhere else, for example with relatives, until the patient is better.

A person in a risk group should not care for someone who is ill. If you are in a risk group and cannot avoid close contact with a patient, take special precautions.

You can reduce the infection risk at home

By good hygiene

- Wash your hands with soap often and carefully.
- Do this especially after touching a person who is ill or being in the same room with them, or handling tissues and laundry.
- Put used tissues in the bin straight away.
- Wipe surfaces that are touched frequently, including door handles and remote controls, with an ordinary cleaning agent every day.
- Provide personal hand towels for everyone in the household.

By physical distancing

- Do not invite guests to your home while a family member is ill.
- The patient should stay in a different room or at a distance of at least one meter from others.
- If possible, you should not share a bed with the patient.

It is normal to feel concerned about the coronavirus. Look after your own and your loved ones' well-being by maintaining positive everyday routines. Rather than meeting face to face, phone your family and friends or send them a message.

Further information

Read the latest coronavirus updates on the website of the Finnish Institute for Health and Welfare.

thl.fi

If you become seriously ill

If you develop serious symptoms, including shortness of breath, or if your overall condition gets worse, immediately phone your health centre, emergency care services or the Emergency Assist telephone service at 116 117.

Call the emergency number 112 in urgent cases only.