

INSTRUCTIONS FOR A PERSON TESTED FOR COVID19

- **After testing, please go straight home and stay in self-isolation**
- Allow from 1 to 5 days for a result
- **Stay at home and avoid social contacts until you have no more symptoms**
- You can check the result for your sample at
 - www.Omakanta.fi > Terveystiedot *Health records* > Laboratoriotutkimukset *Laboratory tests* (the result will be displayed within the next 3 days as of the completion of the answer)
 - www.oulunomahoito.fi > Terveyspalvelut *Health services* > Laboratoriotulokset *Laboratory results* (the result will be displayed at the same time as at healthcare centres)
 - Unfortunately, a guardian will not be able to see the data of a child of over 10 years of age
- A **negative** result will be notified via a text message.
- A child may return to the daycare centre and to school after a negative result if symptoms have noticeably eased. If getting a result is delayed, the child can return to early education after one day without symptoms if not exposed to a confirmed case of coronavirus and if no one in the family has travelled abroad in the previous 14 days.
- An adult and a child/adolescent of school age must wait for a negative result before going back to work or school.
- **If you are part of the personnel taking care of health and social welfare patients** and have symptoms of an acute infection: do not come to work until you get a negative result and are able to work.
- A **positive** result is always notified by telephone (the call may come from an encrypted number) also on weekends and on midweek holidays.
- If necessary, you may ask for a result during office hours at the Self Care services or chat service of your own healthcare centre or at the appointment booking number.