



## Instructions for you who have been tested for COVID-19

In the Kainuu region, Covid-19 test results come back within one or two days.

Stay home and avoid social contacts until you get your test results. If you test negative, you can continue living as usual, but please remember that all respiratory tract infections are contagious.

If you have severe symptoms, stay home on a sick leave even if the test result is negative.

A positive test result is always notified on the phone. Test results will be sent via SMS at 10:00, 16:00 and 22:00 o'clock to the numbers in your medical records in Lifecare.

You can check your test results in the Omasote service (<https://omasote.kainuu.fi/>, only available for those living in Kainuu) or in the My Kanta service ([www.kanta.fi/omakanta](http://www.kanta.fi/omakanta), please note that there is a delay before you can see the results in the My Kanta pages).

If necessary, you can call your own health station during office hours from 8 to 15 hours and ask for the test results:

- Kajaani (Main health centre and Vuolijoki) 08 – 6156 7207
- Hyrynsalmi 08 – 6156 5423
- Suomussalmi 08 – 6156 6200
- Sotkamo 040 – 6363 480
- Kuhmo 040 – 6363 481
- Paltamo 08 – 6156 5322
- Ristijärvi 08 – 6156 5164
- Puolanka 08 – 6156 5230

**PLEASE REMEMBER TO OBSERVE  
GOOD HAND AND COUGHING HYGIENE!**