

## COVID-19

# Recommendations for passengers arriving in Finland

We recommend that you self-quarantine for 10 days after arriving in Finland from a country where the incidence rate of coronavirus has been more than 25/100,000 per inhabitant in the last two weeks. Check the country-specific situation on our website: [thl.fi/matkustajaohje](https://thl.fi/matkustajaohje).

- If you have a certificate of a negative coronavirus test from less than 72 hours before entering the country, you can get another coronavirus test after 72 hours of being in Finland. If the result of the second test is also negative, you can stop your self-quarantine. If you have a certificate of a negative coronavirus test from less than 72 hours before arriving in the country, another test or quarantine is not required if you stay in Finland for less than 72 hours.
- If you do not have a certificate of a negative coronavirus test from less than 72 hours before, we recommend that you self-quarantine regardless of the length of the trip. If you wish, you can shorten the quarantine by getting a coronavirus test immediately after arriving in Finland and a second test 72 hours after the first test at the earliest. If the result of both tests is negative, you can stop your self-quarantine.
- Regular employment is permitted without a certificate of a test or a quarantine in Estonian and Swedish ferry and air traffic and at the northern land border, regardless of the incidence rate. In the communities at the northern border, other daily interaction is also permitted on the same principle.
- In the case of personnel groups and other special groups that are important for the security of supply, separately agreed instructions should be followed. Employees in the social and health care sector must discuss quarantine and returning to work after the trip with their employer.
- Self-quarantine means that you should stay at home and avoid close contact with others whenever possible. Do not go to work or elsewhere outside your home. Talk to your employer about what to do during self-quarantine.
- Wearing a face mask is recommended for passengers arriving in Finland from a risk area when making their way from the place of arrival to quarantine and when they have an urgent reason to spend time outside the house during quarantine.
- Leaving the house for necessary reasons, such as visiting a doctor, is allowed. Participating in leisure activities is not an essential need. Avoid using public transport. In self-quarantine, it is not recommended for a child to go to early childhood education and care or basic education. Talk to the education provider about special teaching arrangements.
- While travelling, you should remember to avoid physical contact, maintain a safe distance from other people and follow good hand hygiene and coughing etiquette. If you cannot keep a sufficient safe distance, wear a face mask. Coronavirus primarily spreads by droplets. The symptoms include cough, sore throat, fever, shortness of breath, muscle aches and headache.
- If you suspect that you might have contracted the virus after the trip, get a coronavirus test. This way you can protect your loved ones and other people.



Wash your hands with soap often and carefully.



Cough and sneeze into a disposable tissue.



Stay one to two metres away from other people.



Avoid crowds and physical or near physical contacts as much as possible.

### If you think you might have contracted coronavirus

Contact healthcare immediately. You can make a symptom assessment at [Omaolo.fi](https://omaolo.fi) or call the local health centre, emergency clinic or the emergency support number at 116 117.

### Additional information

More information on COVID-19 on the website of the Finnish Institute for Health and Welfare: [thl.fi/coronavirus](https://thl.fi/coronavirus)

Information on border crossing on the website of the Border Guard: [raja.fi/koronainfo](https://raja.fi/koronainfo)