

## COVID-19

# Instructions for passengers and employees arriving in Finland

Self-quarantining is recommended for all visitors to Finland from countries that are still subject to internal or external border control. When you arrive in Finland from a country that is still subject to internal or external border control, you must limit unnecessary local contacts for 14 days and follow self-quarantine. During self-quarantine, it is permitted to move between one's workplace and place of residence and also to engage in other essential activities. It is recommended to use your own car. While travelling, one should remember to avoid physical contact, maintain a safe distance from other people and follow good hand and coughing hygiene.

Those who work in social and health care should agree on any special work arrangements together with their employer. The employer must assess the risk of infection and, if necessary, change the work tasks 14 days after arrival in the country in order to ensure customer and patient safety and the safety of the work community.



Wash your hands with soap often and carefully. If you cannot wash your hands, use a hand sanitizer which is alcohol-based, or another chemical agency-approved hand sanitizer.

Do not touch your eyes, nose or mouth.



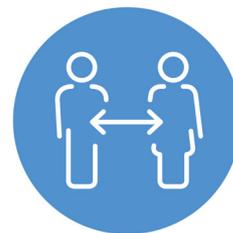
Cough and sneeze in a disposable tissue. Put the used tissue in the rubbish bin immediately.

If you do not have a tissue, cough or sneeze into your sleeve, not into your hands.



Please take note of distance and good hygiene in all situations, including at home.

Only take care of essential errands. Avoid crowds and physical or near physical contacts as much as possible.



Stay one to two metres away from other people at all times.

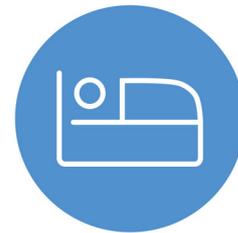
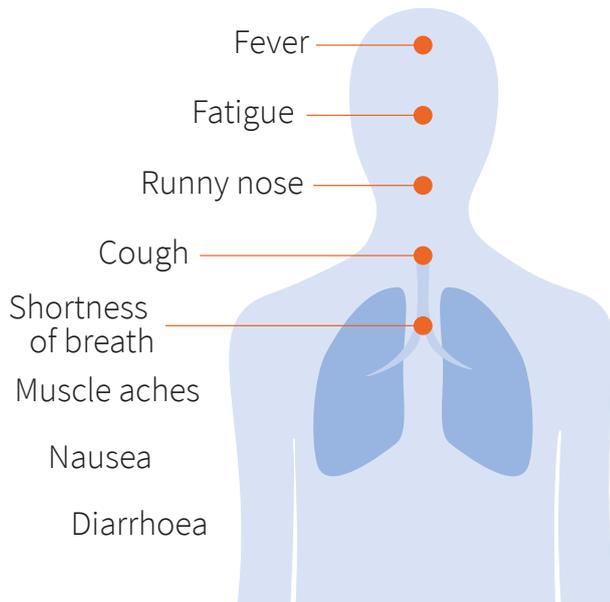
Social interaction should be kept to a minimum in all situations. If you cannot avoid social interaction, pay special attention to keeping a safe distance.

If you are unable to avoid physical contact, wash your hands with soap and water immediately after contact.

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# If you suspect a coronavirus infection

Coronavirus causes a sudden respiratory tract infection. The symptoms include cough, sore throat, fever, shortness of breath, muscle aches and headache. The novel coronavirus primarily spreads by droplets when an infected person coughs or sneezes.



Follow these instructions if you are diagnosed with the COVID-19 disease caused by coronavirus.

- Avoid close contact with others where possible.
- If your coronavirus disease has been confirmed, stay at home for at least 14 days. If you continue to have symptoms on the 14th day or after that, stay at home until you have been without symptoms for at least 48 hours.
- Keep away from other people, take care of hand hygiene and cough / sneeze properly.
- If possible, wear a face mask.
- When you are sick, it is important that you 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 of respiratory infection and suspect a corona infection, contact health care services immediately. You can make a symptom assessment at [Omaolo.fi](https://omaolo.fi) or call the local health centre, emergency clinic or 116 117 helpline.

If you are diagnosed with a coronavirus infection, you will receive instructions from your healthcare provider.

### Contact information

The National Telephone Advisory Service can help with general questions related to coronavirus and is available in Finnish, Swedish and English. It does not offer health advice.

**+358 295 535 535** (normal operator-specific fee)

### Further information

The latest coronavirus updates are available on the website of the Finnish Institute for Health and Welfare.

[thl.fi](https://thl.fi)

Up-to-date information on border crossings is available on the Finnish Border Guard website.

[raja.fi](https://raja.fi)