

COVID-19

Voluntary quarantine recommendation for travellers

We recommend that you self-quarantine for 14 days after arriving in Finland. Stay home and avoid close contact with others when possible. Do not go to your workplace or elsewhere outside your home. Make an arrangement with your employer regarding work during the two weeks following your return to Finland.

The use of face masks is recommended for passengers arriving in Finland from a risk area making their way from the place of arrival to quarantine or who have an urgent reason to spend time outside the home during quarantine.

Essential activities, for example going to a doctor's appointment, are permitted. Attending hobbies is not considered an essential activity. Avoid using public transportation. Children should not attend early childhood education during the voluntary quarantine. It is also recommended that children in primary education stay at home. Make an agreement with your child's education provider regarding teaching arrangements.

Please note that in many parts of the world, there are significantly more cases of the COVID-19 compared to Finland. In most cases it takes 4–6 days from when someone is infected with the virus for symptoms to show, however it can take up to two weeks. If you suspect that you have contracted the coronavirus following your return to Finland, do not hesitate to get tested. This way you can protect those close to you as well as others.



Wash your hands with soap often and carefully. If you cannot wash your hands, use an alcohol-based or other hand sanitizer approved by the chemical authority.



Cough and sneeze into 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.



Avoid crowds and physical or near physical contact as much as possible. Only engage in essential activities. If social interaction cannot be avoided, make sure to keep a safe distance from others.



Stay one to two metres away from other people at all times. If you cannot avoid physical contact, wash your hands with soap and water immediately after contact.

If you suspect coronavirus infection

Contact health services immediately. You can take an online symptom check-up at [Omaolo.fi](https://omaolo.fi), call a local healthcare centre, emergency clinic or the Medical helpline at 116 117.

More information

About the coronavirus, visit the website for the Finnish Institute for Health and Welfare: thl.fi/koronavirus

About border crossings, visit the website for the Finnish Border Guard: raja.fi/koronainfo

Check the QR code to see whether the instructions apply to you.

