

New coronavirus – COVID-19

Instructions for passengers arriving in Finland

Avoid close contact with others for 14 days

All Finnish citizens and permanent residents who are returning to Finland from another country are required to remain in conditions equivalent to quarantine for 14 days. They should avoid close contact with other people and avoid leaving their home as much as possible.

When arriving from abroad, arrange a period of absence of 14 days from your workplace, place of study and/or day care.

To avoid close contact, a distance of one metre from other people must be maintained. Increasing one's attention to hand hygiene is also important.

If you develop serious respiratory tract infection symptoms such as shortness of breath, or if your general state of health drops significantly, immediately contact your local healthcare provider by phone.

Protect yourself and your family from coronavirus

Maintain good hygiene

- Wash your hands with soap carefully and frequently.
- Use alcohol-based handrub if washing your hands is not an option.
- Do not touch your eyes, nose or mouth.
- Cough and sneeze into either your sleeve or a disposable tissue. Immediately put the used tissue in the rubbish bin.
- If you don't have a tissue, cough or sneeze into your sleeve, not into your hands.

Avoid close contact with others

- Don't shake hands.
- Keep 1–2 metres away from other people at all times.

Protect your loved ones

- Do not visit hospitals or health care facilities.
- Avoid visiting elderly people or people who are chronically ill. If the visit is essential, maintain good hand hygiene and coughing hygiene.

Contact details

The national helpline can answer general questions regarding coronavirus in Finnish, Swedish and English. The helpline does not offer health advice.

0295 535 535 (normal operator-specific fee)

Further information

Read more about coronavirus on the website of the Finnish Institute for Health and Welfare.

thl.fi