

COVID-19**Recommendation for self-quarantine to passengers**

When you arrive in Finland, it is recommended you self-quarantine for 14 days. While in self-quarantine, you can continue to work, as long as you agree on the arrangements with your employer, and you can travel between your workplace and your place of residence. Other essential activities are also permitted. Public transportation should be avoided during self-quarantine.

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

Please note that in many parts of the world, there are significantly more cases of the COVID-19 disease compared to Finland. Most often, symptoms start within four to six days after the initial infection, and within two weeks at the latest. If you suspect you might be infected after your trip, you should get tested. That way you can protect also your loved ones and other people.



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 take care of essential errands. If you cannot avoid social interaction, pay special attention to keeping a safe distance.



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 you may be infected

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.

Further information

About COVID-19 on the site of the Finnish Institute for Health and Welfare: thl.fi

About border crossing on the site of the Finnish Border Guard: raja.fi

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

