

## COVID-19

# Recommendations for passengers arriving in Finland

While travelling, one should remember to avoid physical contact, maintain a safe distance from other people and follow good hand and coughing hygiene. Coronavirus is primarily transmitted as a droplet infection when a diseased person coughs or sneezes. Coronavirus causes a sudden respiratory tract infection. The symptoms include e.g. a cough, sore throat, fever, shortness of breath, muscle aches and headache.

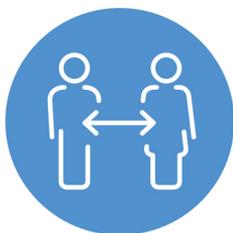


Wash your hands with soap often and carefully. If you cannot wash your hands, use an alcohol-based or other hand sanitizer approved by the chemical authority.

Do not touch your eyes, nose or mouth.

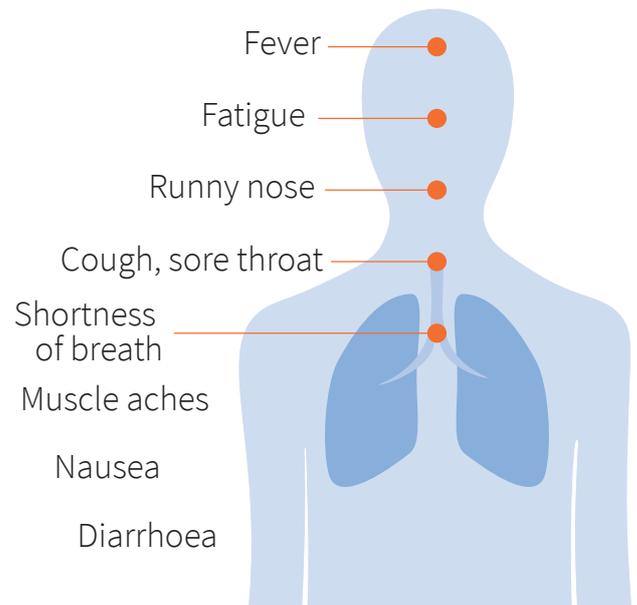


Cough and sneeze into a disposable tissue. Put the used tissue in the rubbish bin immediately. If you do not have a tissue, cough or sneeze into your sleeve, not into your hands.



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

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

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 for COVID-19. That way you can protect also your loved ones and other people.

### Further information

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

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