

## COVID-19

# Recommendations for passengers arriving in Finland

### Passengers using FINENTRY

If you have completed your information in the FINENTRY system, follow the instructions provided by the service ([www.finentry.fi](http://www.finentry.fi)).

### Self-quarantine and testing

As a rule, we recommend a **14 day self-quarantine** when you arrive in Finland from a country where there is a risk of contracting coronavirus. Careful adherence with self-quarantine is particularly important to prevent the spread of new coronavirus variants. Check up-to-date information at [thl.fi/matkustajaohje](http://thl.fi/matkustajaohje).

Self-quarantine means that you avoid close contact with persons other than those in your own household whenever possible and stay at home. Make arrangements with your employer and your children's education provider on what steps to take during self-quarantine.

The use of a face mask is recommended when you travel in risk areas and move from the point of entry to quarantine, or if you have an unavoidable reason to leave your home during quarantine. For example, visiting a doctor is permitted. Avoid using public transport.

### Quarantine time can be shortened

- If, upon arrival in Finland, you have a certificate on having tested negative for coronavirus (you must have been tested within the 72 hours prior to your arrival), you do not need a new test at the time of your arrival. Instead, you can directly reserve your second test at earliest 72 hours after arriving in Finland.
- If, when you arrive in Finland, you do not have a certificate on having tested negative for coronavirus, reserve a time for your first test immediately when arriving or at latest within 24 hours, and for your second test no earlier than 72 hours after arriving in Finland.
- Stay in self-quarantine during the time between your entry into the country and receiving the result of your second test. If the result of both tests is negative, you can end your self-quarantine.

### Collection of contact information from passengers

At your point of entry health authorities will ask you for a certificate on advance testing and, if necessary, direct you to get tested. In addition, they will ask for your contact information so that the communicable disease control physician in your municipality of residence or the municipality in which you are staying can contact you to provide directions on how and where to get tested in 72 hours as well as to provide more information. Testing and disclosure of information are voluntary. You can also apply for the test yourself. Testing is free of charge in public health care.

### All passengers must take the following instructions into account



Wash your hands with soap often and carefully.



Cough and sneeze into a disposable tissue.



Stay at a distance of more than 2 metres from other people at all times.



Wear a mask.

### Exceptions to testing and quarantine recommendations

You will not need to self-quarantine if you have a medical certificate stating that you had COVID-19 less than 6 months ago.

Regular commutes to work are possible between Finland and Sweden and Finland and Norway within travel restrictions without quarantine, if the person has a certificate of negative coronavirus testing less than 7 days old.

As a rule, the quarantine recommendations and testing are implemented for personnel groups and other special groups that are important for the security of supply. If the work task is urgent, quarantine practices will be agreed on with the local health authorities. In addition, testing at the border is recommended for passengers who do not have a result from a recent test. If it will take longer than 72 hours to complete the planned work task, a new test is recommended when you have been in the country for 72 hours.

The recommendations do not apply to freight transport and logistics personnel while they are on the job. A separate set of instructions has been drawn up that is applicable for their duties, and this is distributed at the border.

### If you think you might have contracted coronavirus

Contact healthcare immediately. You can complete a symptom assessment at [Omaolo.fi](http://Omaolo.fi) or call your local health station, emergency clinic or the Emergency support number at **116 117**.

### Additional information

About COVID-19 on the Finnish Institute for Health and Welfare website: [thl.fi/coronavirus](http://thl.fi/coronavirus). Read more on border crossings on the Finnish Border Guard website: <https://www.raja.fi/>