thl

COVID-19
Instructions 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).

Everyone arriving in Finland from high-risk countries will be directed to get tested

All persons arriving in Finland from high-risk countries will be required to take part in a health examination to determine if they are infected with COVID-19. The Regional State Administrative Agency may demand that a person entering Finland take part in a mandatory health examination. A test will not be required if the person has a reliable report that exempts them from the test, such as a certificate of a test taken in the country of origin or a certificate that they have been ill with COVID-19 less than 6 months ago.

In addition, health authorities 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 instructions on how and where to get tested in 72 hours as well as to provide more information. Testing is free of charge in public health care.

Quarantine and testing

The authority responsible for communicable diseases may require that a person entering the country be quarantined. As a rule, we also recommend a **14 day self-quarantine** when you arrive in Finland from a country where there is risk of contracting coronavirus. Careful adherence with self-quarantine is particularly important to prevent the spread of new coronavirus variants. Check current information **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 or at your place of accommodation.

The use of a mask is recommended when you travel 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 the use of 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 you do not have a certificate of advance testing, get tested for coronavirus on arrival in the country and again at earliest 72 hours after arrival in the country.
- 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.

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.

Download and use the Koronavilkku app.

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 previous recent test. If the person is due to stay in the country for longer than 72 hours, a new test is recommended when they have been in the country for 72 hours.

The instructions 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** 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**. Read more on border crossings on the Finnish Border Guard website: **https://www.raja.fi/**