

Dear new exchange students,

Your exchange period in Finland is about to start. Unfortunately, the global corona situation looks very worrying. However, the situation in Finland is still rather good, but new signs of virus breaking out are emerging. Thus, we urge you to act very responsibly on your arrival. The two first weeks are critical. Due to the changing Covid situation this info below will change, and we try to keep you updated the best we can.



Instruction on Corona covid-19 in arriving to Finland and Quarantine instructions

Arrival in Finland

The Finnish government is imposing new restrictions on arrival to Finland in order to prevent spreading of coronavirus from abroad to Finland. There might be corona tests on arrival. In addition, the travellers from high-risk countries can be ordered to a compulsory quarantine if they are already carrying the virus or if they have been subjected to the virus during their flight.

This information will be updated on the Finnish authorities' webpages here:

The Finnish Institute of Health and Welfare

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

and The Finnish Border Guard

https://www.raja.fi/current_issues/guidelines_for_border_traffic

According to the Finnish Institute of Health and Welfare regulations on COVID-19, when arriving to Finland you are asked to quarantine yourself voluntarily for 2 weeks.

Please keep yourself updated about covid19-instrucions on the University of Lapland by following our websites <https://www.ulapland.fi/EN/About-us/Information-on-coronavirus>

For more Information about the national regulations on COVID19 situation in Finland, please see:

<https://www.visitfinland.com/article/practical-travel-information-for-travelers-to-finland-during-coronavirus-pandemic/#b9610921>

<https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates/frequently-asked-questions-about-coronavirus-covid-19-#Travelling>

Corona and Quarantine information in Rovaniemi

You can keep updated with the corona situation in Rovaniemi by following this www-site <https://international.rovaniemi.fi/en/News/Coronavirus>. There you can also find the instructions what to do if you suspect being infected.

Please also find current [quarantine insturctions](#) in Rovaniemi in that link.

Quarantine-like conditions

The Government has urged travellers returning to Finland from abroad to stay in quarantine-like conditions. In quarantine-like conditions, close contact with other people should be avoided. If it is necessary to go to a shop, pharmacy or any place else, this must be done when few other people are about. Other people must be kept at a distance of two metres.

The 14 days self-quarantine does not oblige you to stay at home 24/7. You can go outside and explore the nature around the city, but please remember safety distances. You are not to go to public places with other people like university, restaurants and bars. You need to avoid contacts as much as possible.

You can go to a supermarket to do the normal grocery shopping but remember the safety distances and please remember that you stay there only the time needed. Please buy many days purchases at once so you don't need to go to the shop every day.

During the self-quarantine party's and get together meetings indoors are prohibited.

If you feel sick

If you have flu symptoms or if you suspect that you have contracted corona virus and if you are experiencing symptoms (according to THL, the most common symptoms are fever, cough and shortness of breath), **please contact Rovaniemi health centre by calling COVID19 phone +358 408 251 072. You will get more instructions. Don't go to the hospital without calling to this number first.**

Stay in your room and avoid contact with your roommates as much as possible.

If one of the occupants gets sick, the rest of the household must stay in more limited quarantine. The other household members should try to avoid any contacts for 14 days from the day one of the occupants has had first symptoms.

In case of emergency call 112

Remember! Safety first!