

International exchange students Instructions related to Covid-19

Arriving in Finland

When you arrive in Finland, you must self-isolate for 10 days.

You can shorten the duration of self-isolation by getting tested voluntarily twice.

If you have a certificate proving a negative test result that you received less than 72 hours ago, get tested again 72 hours after your arrival in Finland at the earliest. If you test negative again, you can end self-isolation.

If you don't have a certificate proving a negative test result that you received less than 72 hours ago, we recommend self-isolation regardless of how long you will stay in Finland. You can shorten the duration of self-isolation by getting tested immediately when you arrive in Finland. Then get tested again 72 hours after the first test at the earliest. If you test negative both times, you can end self-isolation.

While you are waiting for your test results, you must self-isolate at home or the place where you are lodging.

Getting tested in Turku

Call the coronavirus helpline, tel. +358 2 266 2714 for instructions (open Mon–Fri from 8 am to 3 pm)

What to do if you experience symptoms matching coronavirus

Symptoms of coronavirus vary and may even be very mild. Symptoms may occur in different combinations or separately. These symptoms may include, for instance, runny and/or stuffy nose, sore throat, elevated temperature or fever, shortness of breath, muscle pain/headache, unusual tiredness, nausea, diarrhoea, shortness of breath, disturbances of smell and taste.

You must get tested even if you only experience mild symptoms. If you have symptoms, stay home and avoid contact with others.

You will receive instructions and a referral for testing by calling

- the City of Turku coronavirus helpline, tel. +358 2 266 2714 (open Mon–Fri from 8 am to 3 pm) or
- joint emergency services of the Turku region, tel. +358 2 313 8800 (outside office hours and during weekends)

Further information and instructions:

- <https://www.turku.fi/en/corona>
- <https://thl.fi/fi/web/infektiotaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19/matkustaminen-ja-koronaviruspandemia/matkustajaohjeet-erikielilla>