

Dear Student, Dear Staff

Some of you are travelling during this holiday season. If you are traveling to Finland and Vaasa, keep in mind that at the moment the recommendations and restrictions in Vaasa Hospital District are stricter than the national travel instructions and recommendations (THL). Latest corona instructions and information of the Vaasa Hospital District is available at the following link:

<https://www.vaasankeskussairaala.fi/en/for-patients/ajankohtaista/coronavirus-covid-19/recommendations-and-restrictions-in-force-in-vaasa-hospital-district>

We ask you follow these instructions upon your arrival to Finland and Vaasa:

During your travels, remember to keep safety distances when possible, good hand hygiene and use a face mask. Every student or staff member who enters the country should take a coronavirus test at their point of entry. Passengers arriving in Finland have the opportunity to be tested for example at the Helsinki Airport (the PCR test is free of charge). If testing is not possible at the point of entry, it should be done in Vaasa as soon as possible after arrival (free of charge). COVID-19 tests taken abroad are not valid.

Contact Vaasa Central Hospital's Corona center to schedule a time (mention that you are a VAMK student/staff):

- email: koronakeskus@vshp.fi
- phone: +358 6 213 5312

Upon entry to Finland, you should self-quarantine for ten (10) days. During this time, you should not leave your home unless absolutely necessary and avoid other people. Remember that you can be in contact with a maximum of ten people during the quarantine time (keep good records of who you meet.)

A second corona test is taken on the seventh (7) day of your quarantine. Contact the Vaasa Central hospital to schedule the test (contact information is above). If this test result is confirmed to be negative, you are free to move after the completion of ten-day quarantine. In other case, you will be given further instructions from the hospital.

If you are arriving from an EU / EEA territory, you must carry a European Health Insurance Card issued by an EU Member State and a student arriving from outside the EU / EEA territory must have a certificate of valid health insurance issued by a private insurance company.

We advise you to download and use the Koronavilkku app (free of charge) which helps to break infection chains. The app can be downloaded via the links on the www.koronavilkku.fi/en website.

The guidelines are strict and have been made to ensure everyone's safety. Remember to always use a facemask in public places and transportation and keep safety distance.

The pandemic affects the whole society so let us do everything we can to stop COVID-19 together.
Thank you for your cooperation.

If you have questions, please contact:

Vaasa Central Hospital to schedule a test time

- email: koronakeskus@vshp.fi
- phone: +358 6 213 5312

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