



COVID-19 CORONAVIRUS: GUIDANCE FOR TRAVELERS TO FINLAND

Information about COVID-19

Here is some useful information for travelers in case of illness, especially during the Covid-19 coronavirus outbreak.

Symptoms

If you have severe Covid-19 coronavirus symptoms such as fever over 38°C with respiratory infection symptoms (coughing, breathing difficulties) and **cannot self-care**, seek professional medical help. **It is important that you should contact the health center by phone to receive instructions.**

If your travel insurance includes medical insurance, please contact the health provider mentioned in the policy first for advice. Otherwise be in contact (first by phone) with the local public health center or hospital emergency department.

The Finnish institute for health and welfare is continuously updating their [Covid-19 coronavirus updates site](#).

For more information: <https://www.businessfinland.fi/en/whats-new/news/2020/coronavirus-covid19-guidance-for-travelers-to-finland/>

Useful phone numbers in Kainuu region

KAINUU (Kajaani, Sotkamo, Kuhmo, Suomussalmi, Ristijärvi, Hyrynsalmi, Paltamo, Puolanka municipalities)

Call always first the toll-free Medical helpline number 116 117 before you go to the emergency clinic! It answers 24/7.

Kainuu Central Hospital: Emergency Clinic



Kainuun liitto

Address: Sotkamontie 13, 87300 Kajaani

<https://sote.kainuu.fi/en/medical-care>

Emergency care information at Hospital District of Kainuu

<https://sote.kainuu.fi/en/in-english>

Health Centre contact details in municipalities (Call always the toll-free Medical helpline number 116 117 before you go!)

Hyrnsalmi Health Centre

Kiviöntie 11
89400 Hyrnsalmi

Kuhmo Health Centre

Kirkkotie 16
88900 Kuhmo

Paltamo Health Centre

Sairaatie 7
88300 Paltamo

Ristijärvi Health Centre

Saukontie 1
88400 Ristijärvi

Sotkamo Health Centre

Keskuskatu 9
88600 Sotkamo

Suomussalmi Health Centre

Välskärinkuja 2
89600 Suomussalmi

HELSINKI AREA PUBLIC HOSPITALS

www.kainuu.fi

Kainuun liitto

Postiosoite:
Kainuun liitto,
Kauppakatu 1,
87100 Kajaani

Laskutusosoite:
Kainuun liitto, Osto-
laskut, PL 401,
87070 Kainuu

Sähköposti: etunimi.suku-
nimi@kainuu.fi

Y-tunnus: 2496992-4

Pankki:
Iban: FI17 8119 9710 0090 04
BIC: DABAFIHH
OVT-tunnus: 003724969924



Kainuun liitto

If you have severe Covid-19 coronavirus symptoms requiring treatment, you can call the Helsinki coronavirus helpline at tel. 09 310 10024 (weekdays 7-20). At other times, call the Medical helpline, tel. 09 310 117.

For more information on what to do if you suspect you have the coronavirus infection and are in the Helsinki area, please see the [Helsinki healthcare coronavirus information site](#).

Emergency care information at Hospital District of Helsinki and Uusimaa (HUS): https://www.hus.fi/en/medical-care/medical-services/emergency_care/

NATIONWIDE EMERGENCY NUMBER 112

It is important to remember to call the emergency number *only* in genuine emergency situations. In an emergency situation, you will be treated even if you do not have a municipality of residence in Finland. The medical costs can be collected from you afterwards. The emergency number can be called free of charge from any phone. No area code is needed. If you have a mobile phone subscription that is based abroad you can still call the emergency number without an area code.

EMBASSIES IN FINLAND

You can find the contact information of your own Embassy in Finland on the [list of representations of foreign countries](#) in Finland maintained by Finland's Ministry for Foreign Affairs.