

Novel coronavirus – COVID-19

Disease control and heavy traffic

Finland, as other European countries, is in the grips of a coronavirus epidemic. Measures taken to combat the epidemic are also applied to heavy traffic. Transport personnel are considered part of necessary work-related traffic that can cross the border and arrive in Finland. Between shifts, crowds and close contacts should be avoided.



Wash your hands with soap often and carefully. Use an alcohol-based hand sanitiser if washing your hands is not an option.

Make sure that, if possible, your vehicle has hand sanitizer, soap, protective gloves and a face mask.

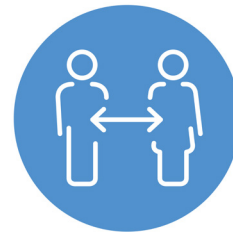
Do not touch your eyes, nose or mouth.

Clean the cab frequently and always when a new user has taken over the vehicle and used it.



Cough and sneeze in a disposable tissue. Put the used tissue in the rubbish bin immediately.

If you do not have a tissue, cough or sneeze into your sleeve, not into your hands.



Stay one to two metres away from other people at all times.

Social interaction should be kept to a minimum in all sections of the transport chain. If you cannot avoid social interaction, pay special attention to keeping a safe distance.

As much as possible, do not leave the cab. Loading and unloading should be performed primarily by local workers.

If possible, use digital documents. If physical documents are exchanged at loading / unloading locations, drivers and local staff should wash their hands with soap and water immediately after exchanging documents.



Always pay attention to distance and good hygiene when you are outside your vehicle and, in particular, if you stay overnight outside your vehicle, for example.

Whenever possible, have your meals in the cab or outdoors, away from other people. If meal services are available at truck stops, do not have your meal in a restaurant; instead, purchase a take-away portion.

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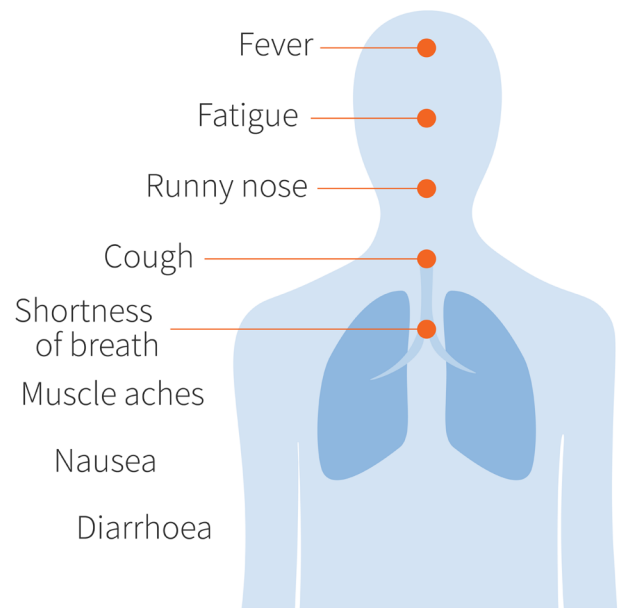
If you develop a respiratory tract infection

Coronavirus causes a sudden respiratory tract infection. The symptoms include cough, sore throat, fever, shortness of breath, muscle aches and headache. The novel coronavirus primarily spreads by droplets when an infected person coughs or sneezes.



Follow these instructions if you develop any form of a respiratory tract infection while you are transporting freight on road. The disease may well be COVID-19.

- At all times, avoid close contact with other people.
- Stay primarily in your vehicle until a minimum of 24 hours have passed after the symptoms disappeared. Respiratory tract infection usually heals with around one week of rest.
- Keep away from other people, take care of hand hygiene and cough / sneeze properly.
- If possible, wear a face mask.
- When you are sick, it is important that you rest and drink enough liquids. To treat fever and pain, you can take over-the-counter medicines available at the pharmacy.



Contact a doctor if you are worried about your condition and develop severe symptoms of a respiratory tract infection, such as shortness of breath or if your general condition is deteriorating.

Always contact the healthcare services first by phone. Primarily call the health care provider assigned to you by your employer. If the employer has not arranged occupational health care, call either the health centre in the area in question, the on-call duty or the 116 117 medical helpline. If you are diagnosed with a coronavirus infection, you will receive instructions from your healthcare provider.

Contact information

The National Telephone Advisory Service can help with general questions related to coronavirus and is available in Finnish, Swedish and English. It does not offer health advice.

+358295 535 535 (normal operator-specific fee)

Further information

Read the latest coronavirus updates on the website of the Finnish Institute for Health and Welfare.

thl.fi/

The Finnish Border Guard

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