

Finland

Medical Summary

The health risk information presented here is summarized from Shoreland Travax[®], a decision-support tool used by health care providers to perform a detailed health risk analysis based on specific locations, individual travel styles, and traveler risk behaviors. Travax provides practitioners current, independently researched malaria risk and prevention recommendations in a map-based format that goes beyond the annual WHO and US CDC statements included here. Not included here are current reports from Travax of disease outbreaks or environmental events that may pose elevated risks to travelers' health and safety. The Providers section of this site offers a directory of health care providers who utilize Shoreland Travax for travel health counseling. Learn more about the detailed reports and maps available from these practitioners (includes links to samples).

General Information

Finland is an advanced economy classified as high income. Located in northern Europe, (east of Finland and west of Russia), the climate is classified as cold polar (tundra and ice) in the north and humid cold (no dry season) in the south.

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, or tick-borne encephalitis. Routine immunizations, such as those that prevent tetanus/diphtheria or "childhood" diseases, should be reviewed and updated as needed.

Malaria

The following is current information as reported by the World Health Organization (WHO) and the US Centers for Disease Control (CDC):

WHO—*International Travel and Health* (current online update, Country List)

No statement given.

CDC—*Health Information for International Travel* (current online edition)

Areas with malaria: None.

Drug resistance: Not applicable.

Other Concerns

Travelers' Diarrhea

Minimal risk (comparable to that in other industrialized countries) exists throughout the country. Community sanitation and food safety measures are generally good, and health concerns related to food and beverage consumption are minimal. Risk for viral gastroenteritis (e.g., norovirus) may be elevated based on season, traveler itinerary, and/or level of community transmission.

Travelers should carry loperamide for self-treatment of diarrhea and, if risk is moderate to high, an antibiotic to add if diarrhea is severe. Consult a knowledgeable health care provider regarding which antibiotic is appropriate for you and most effective for your destination.

Insect- and Arthropod-Borne Diseases

Lyme disease may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include hantavirus, leptospirosis, sexually transmitted infections.

Consular Advice

The material below includes information from the US Department of State (DOS), the UK Foreign, Commonwealth & Development Office (FCO), Global Affairs Canada (GAC), and Australia's Department of Foreign Affairs and Trade (DFAT), as well as from additional open-source material. Standard safety precautions that apply to all international travel can be found in the Library article Safety and Security.

Terrorism Risk

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses, public places and events, including those frequented by tourists, and transportation systems.

In 2017, an attack occurred in Turku in an area frequented by tourists.

Crime

Low risk of violent crime (sexual assault) exists in large cities.

Moderate risk of petty crime exists throughout the country (especially from April to September), on or near public transportation (particularly Helsinki's Central railway station), and in areas frequented by tourists.

Civil Unrest

Protests and demonstrations may infrequently occur and have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities. Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

Water Safety

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI and use equipment only from PADI- or NAUI-certified dive operators.

Transportation Safety

Low risk of traffic-related injury or death exists. The road traffic death rate is less than 7 per 100,000 population, the lowest risk category.

Airline Safety

The US Federal Aviation Administration has determined that the civil aviation authority of this country oversees its air carriers in accordance with minimum international safety standards.

Natural Disasters

Winter storms occur throughout the country, including in Helsinki and other major cities.

Extreme cold (which can lead to cold-related injury) occurs from August through April.

Consular Information

Selected Embassies or Consulates in Finland

- United States: [+358] 9-616-250; fi.usembassy.gov
- Canada: [+358] 9-228-530; www.finland.gc.ca
- United Kingdom: [+358] 0-9-2286-5100; www.gov.uk/world/organisations/british-embassy-helsinki
- Australia: [+358] 0-10-42-04-492

Finland's Embassies or Consulates in Selected Countries

- In the U.S.: finlandabroad.fi/web/usa/frontpage
- In Canada: finlandabroad.fi/web/can/frontpage
- In the U.K.: www.finemb.org.uk
- In Australia: www.finland.org.au

Visa/HIV Testing

HIV testing is not required to obtain a tourist, work, or residence visa.