

Recommendation of voluntary quarantine upon arrival in Åland from a risk area

The Government of Åland Islands recommends voluntary quarantine after entry into Åland from a risk area, even if you have travelled via a country that is not classified as a risk area.

Risk area definition: Risk areas are defined by the Finnish Institute for Health and Welfare (THL) based on countries' 14-day incidence of COVID-19. For the latest information on risk areas, please see [THL's updates on travel and the coronavirus pandemic](#).¹

Duration of voluntary quarantine

- The recommended length of voluntary quarantine upon arrival in Åland from a risk area is seven (7) days.
- Åland does not offer COVID-19 testing to people with no symptoms to reduce the length of their quarantine.

During voluntary quarantine, the following apply:

- Avoid close contact with others.
- Do not go to work if close contact cannot be avoided there. Agree with your employer on what approach you should take during the voluntary quarantine period.
- Children should avoid attending childcare or primary school. Agree on special schooling arrangements with their education provider.
- Avoid using public transport.
- Avoid all activities where close contact with others is difficult to avoid, such as restaurant visits, events, group sports and private functions.
- You are allowed to leave your home for necessary purposes. You can decide for yourself what constitutes necessary purposes for leaving your home. However, please remember to maintain social distancing when you are outside your home, and use a face mask whenever maintaining social distancing indoors is not possible.

¹<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

Exceptions to recommended voluntary quarantine upon entering Åland from a risk area

- Workers essential to ensuring security of supply. See [The authorities' definition of essential workers \(Finnish Ministry of Economic Affairs and Employment\)](#)²
- All work-related travel to and from Sweden and Estonia.
- Necessary travel for education purposes to and from Sweden and Estonia where quarantine would be unmanageable (e.g. study-related internships abroad and educational courses in Åland for people entering from risk areas).
- Travel relating to pressing family matters where quarantine would be unmanageable (e.g. children travelling due to statutory shared custody).
- Other pressing travel where quarantine would be unmanageable (e.g. for medical or dental care).
- Entry via a risk area from a country that is not classified as a risk area (transit).

In each given case, it is up to the individual to decide whether the travel falls within the exceptions for necessary travel and pressing family matters.

If you develop COVID-19 symptoms

Get in touch with Åland Healthcare (ÅHS). [Further information is available on the ÅHS website](#)³.

ÅHS Coronavirus hotline, telephone number +358 18 535 313

- Available Mon-Fri from 8 a.m. to 4 p.m., and weekends and public holidays from 9 a.m. to 3 p.m. for those who feel unwell and have moderate to severe symptoms.
- The ÅHS coronavirus hotline only answers questions regarding coronavirus, symptoms and treatment.
- If the line is busy, you can call the healthcare information hotline on +358 18

538 500. In case of an emergency, call 112!

Further information

Government of Åland information hotline: telephone numbers +358 18 25572 and +358 18 25573 and e-mail address: infotelefonen@regeringen.ax

If you have any questions concerning cross-border travel, the Government of Åland Islands asks you to please consult the Finnish Border Guard: <https://www.raja.fi/coronavirus> (click English at the top of the page)

² <https://tem.fi/en/questions-and-answers-corona-and-worker-mobility>

³ <https://www.ahs.ax/nyheter/vem-ska-soka-var-d-vid-forkylningssymtom>
