

TAKING CARE OF YOUR HEALTH WHEN GOING ABROAD

Aalto 30.3.2026



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FINNISH STUDENT HEALTH SERVICE

FSHS Digital Travel Health Advice

<https://www.yths.fi/en/frontpage/>-
Continues 1.5.2026 as a chat

- **Contact as soon as possible about vaccinations.**
- Complete a vaccination survey on the FSHS online service as early as possible! Check the vaccines you have already received so you can fill in the information about them. By completing the survey **at least 2 to 3 months before your trip**, you will receive any prescriptions and begin any necessary vaccination programmes in time.
- A public health nurse will review your survey and will send you travel advice related to vaccinations and malaria prophylaxis via online service or calling within 10 working days using the phone number entered in the FSHS patient register.
- **Make sure that your contact information in FSHS online service is correct.**

Vaccinations

- Check beforehand that your vaccinations are up to date.
- Basic vaccinations (**MMR, polio, DT**) you can check from vaccination card, maternity clinic card, contacting the military service or local/childhood health care.
- If you have got travel related vaccinations before (for example **A+B- hepatitis**, Typhoid fever, meningitis (for example in army), Japanese encephalitis, Yellow fever etc.), check them from local health centre, patient records archive, occupational healthcare or private medical clinic (**the place where you got the vaccinations**) etc. You buy the travel vaccinations yourself.
- Remember to buy the necessary vaccines from a pharmacy when you go to the vaccination time.

FSHS Certificates and Statements

- Certificates connected to work and extracellular activities are not issued by the FSHS. Depending on the situation such certificates and statements can be issued by vocational health care, public clinics or by the private sector.
- An exception to the aforementioned are students who are going for an obligatory exchange whose required certificates are issued by the FSHS. Obligatory exchange studies mean such studies which are an integral part of the studies that lead to a degree. An example of such a degree is a linguistic degree.

<https://www.yths.fi/en/news/2020/certificates-and-statements-issued-by-fshs/>

Medications part 1.

- When travelling to [Schengen area](#), you must have a Schengen certificate if you carry certain medication that affects the central nervous system (CNS drugs) or contains psychotropic or narcotic substances. You can get the certificate from a pharmacy. Take the medication package and a passport or ID card with you when going to pharmacy to get the certificate. [Take your medications and prescriptions with you when travelling abroad - Citizens - Kanta.fi](#)
- The import practices of personal medicines and the medicinal products depend on the country of destination. More detailed information can be obtained, e.g. by asking from the website of the Customs of the destination country or from the embassy of the country in question.
- You can buy usually the medications for the 6-12 months from the pharmacy and take all the medications with you, but **KELA covers only for 3 months** medications. If you buy more, first you pay the medicines yourself and then apply for reimbursement from Kela. <https://www.kela.fi/foreign-travel-and-medicine-expenses>
- If you do not take all the medications with you, you can visit a doctor in the destination country and get the similar medication from the pharmacy abroad.

Medications part 2.

- Bring along summary of medications/prescriptions in English and Finnish (**you can get summary from pharmacy or print out yourself from Omakanta**).
- When travelling abroad, keep the medicines in their original packaging and pack them in the hand luggage.
- When travelling with insulin, there is different cool bags etc. to travel with, so that larger packs of insulin stay in the right temperature. [Kylmälaukut ja säilytyskotelot \(diabeteskauppa.fi\)](https://diabeteskauppa.fi)
- If needed, you can get a certificate concerning insulin pen-needles etc. from your doctor or nursing staff.
- If you have basic illness, that requires regular medication, ask the medication from the health care unit you have been treated in.

Common Health Problems

- The most common health problems are **travel diarrhea and the flu**. The most effective way for prevention is careful hand hygiene; wash hands with soap + disinfectant.
- **Traffic accidents** are common for tourists. Avoid unnecessary risks.
- **Sexually transmitted diseases have increased in Finland and outside Finland**. Always use a condom one-time sexual encounters, including oral sex. HIV and other STDs are more common outside Finland and therefore the risk of disease without a condom is high. Buy condoms already in Finland.
- **Intoxicants** increase the risk of accidents. Legislation varies from country to country. Insurance does not normally cover if the insured is intoxicated or under the influence of alcohol or drugs when injured.

If you fall ill during the trip

- Remember the **travel insurance and be sure to check the insurance coverage** (In the case of Covid, diving, climbing, kayaking, pregnancy, mosquito-borne diseases etc.) and validity period (duration of the trip).
- Submit a travel notification at the website of Ministry for foreign Affairs of Finland <https://matkustusilmoitus.fi>
- Check the travel information and security situation of the destination country at the Ministry of Foreign Affairs website <https://um.fi/frontpage>

Fill out the pre-travel health survey in FSHS online service in time. Have a safe trip!

