

TRAVEL AND HEALTH

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FINNISH STUDENT HEALTH SERVICE

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. Students who are going for an obligatory exchange should mention it when making an appointment.

FSHS Digital Travel Health Advice in Self-service

- **Now is the best time to contact! At the summer the services are limited.**
- Complete a pre-travel health survey on the Self online service as early as possible. Check the vaccines you have already received so you can fill in the information about them in the form. 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 Self or calling within 10 working days using the phone number entered in the FSHS patient register.
- **Make sure that your contact information in Self is correct.**
- Remember to buy the necessary vaccines from a pharmacy when you go to the vaccination time. Please contact in time, at the summer some of the FSHS Espoo's services are limited. The availability of some vaccines may be limited. Check the availability of the vaccines that you need from the pharmacy.

Vaccinations and medication

- Check beforehand that your vaccinations are up to date.
- Basic vaccinations (MMR/measles, mumps and rubella; Polio/IPV; diphtheria, tetanus and pertussis) you can check from vaccination card, maternity clinic card, contacting the military service or local/childhood health care.
- If you have got travel vaccinations before (for example A+B- hepatitis, Typhoid fever, Japanese encephalitis, Yellow fever etc.), check them for example from local health centre, patient records archive, occupational healthcare or private medical clinic (the place where you got the vaccinations). You buy the travel vaccinations yourself.
- 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.
- The midday sun burns in an instant. Use an adequate protection factor (SPF 30-50 UVA/UVB) and especially remember clothing and shade, sunscreen is just an emergency. You get the tan also in the shade.

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).
- Save contact numbers of family members or close ones (who know English) on your phone as ICE (= In Case of Emergency).
- The embassies of Finland and other EU countries help. Find out the contact information in advance.
- 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>
- In a bigger emergency: SOS International (owned by the Nordic insurance companies International Insurance Center) <http://www.sos.dk/en> 24h / +45 7010 5050

Questions about travel and vaccinations? Fill out the pre-travel health survey in FSHS Self-service in time. Have a safe trip!

