



## COVID-19 information for visitors in Kainuu region

The epidemic in Kainuu region is generally steady. However, individual infections, infection clusters or exposures are likely to occur. Especially during holiday season, it is important to follow instructions and orders given by the authorities

- **Use a face mask when close contacts cannot avoid**, especially when shopping, in public transport or other services.
- **Contacts outside your own family / closest ones are not recommended. Protect** those in high risk and visit the elderly or care units only when necessary.
- **Individual sports and outdoor activities are recommended instead of group hobbies.** Sports for children are encouraged, with safety in mind.
- **Visitors from abroad – follow the instructions of quarantine and testing!** (mainly 10 days of self-quarantine or COVID-test 72 hrs before/after arrival + 72 hrs self-quarantine)
- It's also recommended to support local restaurant and travel services with safe measures. Many companies are offering take-aways, catering or other services instead of traditional ways.

COVID-19 [Situation in Finland](#) (Update official information ([www.thl.fi](http://www.thl.fi) – in english)

## How to - Basic COVID-information in Kainuu

Kainuu Social and Health Care Joint Authority (Kainuun sote) is responsible for all health services in Kainuu Region. If you need urgent medical care, please call our

- **Medical Helpline** tel: 116 117 or +358 8 6156 600 (landline). **In an urgent or life threatening emergency, call the emergency number 112 instead.**

You will find more COVID19 information on our websites [sote.kainuu.fi/en/covid-19](http://sote.kainuu.fi/en/covid-19) where information is also available in other languages:

[Covid-19 instructions in english](#), [COVID Kainuu Venäjäksi RU Russian.pdf](#)

## Get tested in Kainuu

### 1. Wear a face mask

**2. Call +358 40 165 0020** to book a test appointment (this number is only for booking COVID test; not a medical help line) - if you can't connect you can also try to call 116 117 or +358 8 6156 600

- Every day at Central Hospital (drive in test) **in Kajaani**
- Only office hours in local Health Centers:
  - [Kuhmo](#), [Sotkamo](#), [Suomussalmi](#)
  - [Hyrynsalmi](#), [Paltamo](#), [Ristijärvi](#), [Puolanka](#) (limited testing)

**Test result is informed by text message (SMS) - please check your mobile number when booking the test!** Testing is free of charge (in arrival test or acute illness).

### 3. Go to accommodation and stay!

- After the test go back to your accommodation, nowhere else. Wear a face mask!
- **Wait until you get the result!**

If you need more information and material on COVID-19, please check [sote.kainuu.fi/en/covid-19](http://sote.kainuu.fi/en/covid-19)