

Biosecurity guidelines for foreign visitors

Animal health status in Finland is very good, and in order to keep it that way, we ask you to follow these guidelines when traveling to Finland and especially when visiting Finnish animal farms.

Especially viruses can spread via e.g. clothes, boots and food. For example, **foot and mouth disease, African swine fever, avian influenza, Newcastle disease in poultry and PED and PRRS** in pigs. In addition to this, **ringworm, cryptosporidiosis and salmonella** must be taken into account. Avoid farm visits in Finland, if you are coming from an area with easily transmitted animal diseases.

If you are going to visit a farm in Finland, follow these instructions.

Before arrival to Finland:

- Let the farmer know that you are coming from abroad.
- After visiting a farm in your own country, take a shower and change clothes before travelling. Never travel to Finland with the same clothes or shoes you have been on a farm in your country.
- Do not bring any food of animal origin from your own country.

In Finland, before going to the farm:

- Take a shower and if possible, go to sauna. Sauna, with a temperature of over 70° C, destroys most pathogens.
- Make sure you do not visit a farm in Finland before **48 h** have passed since you have been on a farm abroad.
- Do not visit a farm before **24 h** have passed since you arrived in Finland.
 - Foot and mouth disease (FMD) can survive even three days in human respiratory tract, so if you arrive from a country with FMD, wait **72 h** before entering a farm in Finland.

At the farm:

- Follow the biosecurity measures of the farm.
 - Use the hygiene lock: protective clothing and boots, wash your hands and use disposable gloves
- Mobile phone only in a plastic bag / disinfected.
- Avoid unnecessary contact with farm animals.
- If you visit several farms, please note the Finnish recommendations regarding the time between farm visits.