

International travel guidelines

DO NOT BRING ANIMAL DISEASES AS TRAVEL SOUVENIRS!

Even short visits abroad — especially to foreign livestock farms — carry a risk of spreading infectious animal diseases. Viral diseases such as foot-and mouth disease, Africa swine fever, avian influenza, Newcastle disease in poultry, and swine diseases PED and PRRS may easily travel between countries via clothing, footwear, and food of animal origin. Other transmissible risks during farm visits include ringworm, cryptosporidiosis and salmonella.

General travel advice:

- Check the animal disease situation at your destination.
- Do not visit risk areas where a serious or highly contagious animal disease is confirmed or suspected, or where the disease status is unknown.
- Maintain good personal hygiene during travel, such as frequent handwashing.
- Do not bring any animal-derived products from your travels.
- After returning to Finland, shower thoroughly as soon as possible, and if possible, go to sauna. Temperatures above 70 °C effectively destroy pathogens.
- Do not go to livestock farms in Finland until at least **24 hours** have passed since your return to Finland. Foot-and mouth disease virus can remain viable in the human respiratory tract for up to three days, so do not go to any Finnish farm within **72 hours** of returning from such risk areas.
- If you develop gastrointestinal illness (e.g., diarrhoea) during or soon after your trip, consult a physician and consider salmonella testing.

When visiting livestock farms or contacting production animals abroad:

- Avoid farms in risk areas with confirmed or suspected highly contagious animal diseases.
- Bring spare footwear, which you can change into after customs when returning to Finland; seal your travel-used shoes in a plastic bag.
- If you are participating in a group trip, ensure the operator provides protective gear for the whole group. If traveling independently, bring sufficient personal protective equipment (PPE).
- Use appropriate PPE during farm visits, such as:
 - Disposable protective shoe covers

- Disposable coats or overalls
- Disposable head covers
- Disposable gloves
- Leave all protective gear behind at the farm when you leave.
- Do not touch the animals and wash your hands thoroughly when leaving the farm.
- Wash your travel clothes, and clean and disinfect your shoes and luggage immediately upon returning. Ideally, expose them to sauna conditions of at least +70 °C for a few hours. Do not enter domestic livestock farms wearing travel clothes or shoes.
- Wait at least **48 hours** after visiting a foreign livestock farm before entering domestic farms.

If you work on livestock farms abroad:

- Do not bring your work clothes or shoes back to Finland.
- Find out if there are any zoonosis risks at the farm (diseases transmissible to humans). Protect yourself accordingly for instance, by washing hands and wearing gloves, especially if you have skin wounds or scratches. This is particularly important on pig farms, where MRSA may be present, and cattle farms, where ringworm (dermatophytosis) can be a concern.
- Be aware that some farms may use live-virus vaccines as a disease control measure (e.g., PRRS vaccines in pig farms or several poultry vaccines like those against Newcastle disease or infectious bronchitis). These live vaccines may spread similarly to viruses causing disease.

For more information, please visit www.ett.fi