

April 23rd 2007

RECOMMENDATIONS ON ACTIONS FOR THE PROTECTION AGAINST AVIAN INFLUENZA PANDEMIC (BIRD FLU)

1. The Embassy recommends that the Finnish citizens living in Greece would **provide their contact information to the Embassy**. If pandemic threat at some point worsens, Embassy can, according to its possibilities, inform Finnish citizens living or travelling in Greece on the health care and travelling options. Embassy does not forward the contact information to other parties.
2. Finnish citizens may consider **acquiring medication** to their personal reserve. This is due to the possibility that the medicine may no longer be available when the pandemic begins. The recommended virus medicine at the moment is oseltamivir (Tamiflu). One must start taking Tamiflu in 48 hours when the first symptoms occur. One should not take medicine without instructions from a doctor.
3. Finnish citizens may also consider **purchasing and storing some protective supplies**. Surgical face masks can be useful for an infected person so that she/he wouldn't transmit the virus. Routine use of respirators is not recommended. One can also store protective gloves, cleansers, water, fuel, food supplies, other personal medicine and cash according to one's own consideration.
4. Embassy cannot purchase or store medicine and protective supplies to Finnish citizens. If pandemic emerges, Embassy's aim is to provide the most essential consular services. Everyone is **responsible for his/her own protection and health**. Embassy will be in contact the Finnish citizens living in Greece according to the situation and its possibilities. For this reason it is important that the Finns provide their up-to-date contact information to the Embassy.
5. **It is recommended to follow the media and local authorities' announcements concerning the pandemic situation**. If the local health care is functioning, it may be worthwhile to reconsider if it is worthwhile to travel to Finland as the Finnish health care system is probably also very loaded during the pandemic.
6. **Finnish citizens who are travelling independently** are advised to follow the media's reports on the pandemic threat. It is also recommended to use mobile service of Ministry for Foreign Affairs (<http://formin.finland.fi/palvelut/mobiili>) and follow Ministry's www-pages (<http://formin.finland.fi>), Embassy's www-pages or National Public Health Institute's (<http://www.ktl.fi>) www-pages. It is not recommended to carry virus along medicine or other supplies during travelling due to difficulties in storing.