



## INSTRUCTIONS FOR THE CLOSE CONTACTS OF COVID-19 PATIENTS

Based on information which is available to the Health Board, you have come into close contact with an individual who has been infected with SARS-CoV-2, as confirmed by laboratory test or a physician's diagnosis. Any individuals who have come into close contact with an infected individual must self-isolate at home. The above is also applicable in a situation in which any potential contact with coronavirus occurred via the surrounding environment (such as via contaminated surfaces, from buildings, etc).

**Due to the COVID-19 incubation period, please remain at home for ten days after the close contact and monitor your health condition.** Notify your family physician as soon as possible of your contact with a COVID-19 case. If your health condition deteriorates, notify your family physician again and follow their further instructions.

Even though it is not compulsory to get tested, the Health Board advises any close contacts to undergo SARS-CoV-2 testing after completing their ten-day self-isolation period in order to detect potential asymptomatic cases.

The requirement to self-isolate at one's place of abode or permanent place of residence for ten calendar days and then to take the coronavirus SARS-CoV2 test is not applied under the following circumstances:

- the individual has had COVID-19 within the past 180 days;
- the individual is fully vaccinated against COVID-19, has obtained full protection after the last vaccine dose, and has received the last vaccine dose within the past year;
- the individual has had COVID-19, has received one vaccine dose, has obtained full protection after the last vaccine dose, and has received the last vaccine dose within the past year; or the individual has been infected with COVID-19 after their first vaccine dose, has recovered from COVID-19, and has taken the SARS-CoV-2 test which confirmed their diagnosis or have had their diagnosis confirmed in another manner within the past year.

### **Please observe the following instructions during the ten-day monitoring period:**

1. Use teleworking and distance-learning options.
2. Do not leave your home or place of abode unless:
  - a. you need to buy essential daily goods,
  - b. you have been requested by a physician to visit a medical institution,
  - c. you can avoid any contact with other individuals when spending time outdoors (such as in visiting a park or a forest, etc),
3. Please observe the following safety requirements:
  - a. wash your hands regularly with soap and hot water, and disinfect if necessary, keeping in mind the fact that the virus may spread via contaminated items,
  - b. avoid touching your face, eyes, mouth, and nose,
  - c. ventilate your rooms regularly (at least twice a day for at least fifteen minutes at a time),
  - d. cover your nose and mouth with a paper tissue or your arm when you cough or sneeze (throw away the used tissue immediately and wash your hands).
4. If you must visit public places to obtain essential goods, make sure you always wear a mask if possible.



If you have any further questions, please read the applicable legislation through which the restrictions have been established and any appended explanatory memoranda if necessary, via the following address: [www.kriis.ee/et/hadaolukorra-aegsed-oigusaktid](http://www.kriis.ee/et/hadaolukorra-aegsed-oigusaktid).

### **A simplified quarantine procedure applies to kindergartens, child care centres, general education schools, and vocational educational institutions**

- If close contact with an individual infected with COVID-19 has occurred at a kindergarten, child care centre, general education school, or vocational educational institution, any children or young people who have not been vaccinated against COVID-19 or who have had COVID-19 must remain under a simplified form of quarantine. This means the following:
  - children under the age of twelve may continue to attend their general education school, kindergarten, or child care centre without having to get tested;
  - children aged between twelve and eighteen (inclusive) may only continue to attend their general education school or vocational educational institution if the following conditions are met:
    - they must immediately take a rapid test at the educational institution.
    - If the results of the rapid test are negative and they have no symptoms:
      - they must take an RT-PCR test within 72 hours after coming into close contact.
      - If the test result is positive, they must quarantine immediately.
  - If either the rapid antigen test or the RT-PCR test result is positive, the individual must contact their family physician and remain at home. The simplified quarantine procedure does not apply to these individuals.
  - During the simplified quarantine period, it is not permitted to visit public places (such as the cinema, a café, the theatre, etc), or to take part in hobby activities, or attend any events. This means that they may only go to the kindergarten, child care centre, general education school, or vocational educational institution within a period of ten days after having come into close contact.
  - If a pupil who has not been fully vaccinated has come into close contact outside of the general education school or vocational educational institution, they must follow the usual quarantine procedure irrespective of their age.
  - If a pupil has not taken the required tests, they must also follow the usual quarantine procedure.
  - If the pupil has had COVID-19 at home or has been vaccinated against it, they are not required to quarantine or take the COVID-19 test.

Any close contact which takes place at educational or youth institutions must be reported to the Health Board's regional department as soon as possible in order to obtain instructions for how to proceed.



Northern regional department: [PROvastutav@terviseamet.ee](mailto:PROvastutav@terviseamet.ee), 5557 5808

Southern regional department: Tiia Luht, head of department, 5596 8964,  
[tiia.luht@terviseamet.ee](mailto:tiia.luht@terviseamet.ee)

Eastern regional department: Marje Muusikus, head of department, 525 3622  
[marje.muusikus@terviseamet.ee](mailto:marje.muusikus@terviseamet.ee); [idar@terviseamet.ee](mailto:idar@terviseamet.ee)

Western regional department: Kadri Juhkam, head of department, 5842 9096,  
[kadri.juhkam@terviseamet.ee](mailto:kadri.juhkam@terviseamet.ee)

**Information for members of your household: if they are not showing any symptoms, they are not required to stay at home and may carry on living their daily lives as usual.**

If you or any of the members of your household:

1. **develop any symptoms**,<sup>1</sup> please contact your family physician or call the family physician advisory line (1220) as soon as possible;
2. say that you have come into close contact with an infected individual;
3. describe your health condition to your family physician and follow the physician's instructions;
4. if your condition deteriorates significantly, call 112.

**Please note that you should ensure you mention your contact with a COVID-19 case during the phone call.**

If you develop any symptoms, please do not go to the accident and emergency centre or visit your family physician in person, but instead request the family physician's advice over the phone as your first point of contact.

Further information about coronavirus is available here:

1. Via the Health Board's website: [www.terviseamet.ee/en/covid19](http://www.terviseamet.ee/en/covid19)
2. From the coronavirus crisis website: [www.kriis.ee/en/coronavirus-and-healthcare](http://www.kriis.ee/en/coronavirus-and-healthcare)

**I am aware that:**

pursuant to subsection 22 (3) of the 'Communicable Diseases Prevention and Control Act',<sup>2</sup> Regulation No 123 by the Minister of Social Affairs, dated 31 October 2003: 'The requirements for the control of communicable diseases' has been adopted for the purposes of controlling and preventing the spread of communicable disease.<sup>3</sup> Pursuant to subsection 3.2 of the aforementioned regulation,<sup>1</sup> any individuals who have come into close contact with an individual who has been infected with COVID-19 must self-isolate at home based on a physician's decision and on the Health Board's instructions. Pursuant to the same subsection, children who are suspected to have been infected with COVID-19 must remain at home and may not be taken to any childcare institutions, including school, or to any public spaces or areas which have been designed for use by children.

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<sup>1</sup> The list of COVID-19 symptoms can be found via the following address: <https://www.terviseamet.ee/et/uuskoroonaviirus/sumptomid>.

<sup>2</sup> Please see <https://www.riigiteataja.ee/akt/117052020007?leiaKehtiv>.

<sup>3</sup> Please see <https://www.riigiteataja.ee/akt/115052020021?leiaKehtiv>.



## TERVISEAMET

Pursuant to subsection 44 (1) of the ‘Communicable Diseases Prevention and Control Act’, supervision over compliance with those requirements is exercised by the Health Board. In the event of a failure to comply with the requirements, those administrative coercive measures will be applied which have been referred to in subsection 28 (2) or 28 (3) of the ‘Law Enforcement Act’ or those penalties which have been referred to in subsections 46 (1) and (2) of the ‘Communicable Diseases Prevention and Control Act’.<sup>4</sup> Pursuant to subsection 28 (2) of the ‘Law Enforcement Act’, the upper limit of any levy for non-compliance for each imposition of that levy is 9,600 euros. Pursuant to subsections 46 (1) and (2) of the ‘Communicable Diseases Prevention and Control Act’, any violation of the requirements for the control of communicable diseases is punishable by a fine of up to 200 fine units in the case of an individual or by a fine of up to 32,000 euros in the case of a legal entity.

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<sup>4</sup> For the ‘Law Enforcement Act, please see <https://www.riigiteataja.ee/akt/106052020013?leiaKehtiv>.