

How can I protect myself and during the period of viruses?



Washing your hands thoroughly and regularly with soap and warm water is the best solution. If this is not possible, use alcohol based disinfectants.



Cover your mouth and nose with your arm or sleeve when coughing and sneezing. Coughing or sneezing into your palm makes the virus easily transmittable with hands.



Do not touch your face, eyes or mouth with unwashed hands. This is how you avoid the virus spreading from the hands to the mucous membranes.



Used tissue is a genuine nest for germs. Prefer paper tissues and dispose them immediately after use.



If you are feeling ill or not feeling well, stay at home – other people might get infected too. Coughing and sneezing at work, school, shops, on the bus or public events makes the virus easily transmittable.



If you suspect you might have caught the virus, do not go to the emergency room (ER) – you could put others at risk. Viruses are not diagnosed at the ER. Instead, consult with your general practitioner (GP).



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When you have a health concern, you can contact your GP or the GP helpline **1220** **+372 634 6630** when calling from abroad

If necessary, the call will be redirected to the emergency line **112**