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

- By washing your hands carefully and regularly
- By covering your mouth and nose with your arm when coughing and sneezing
- By immediately disposing of a used tissue
- By staying at home when you are feeling ill or not well
- By avoiding contact with other people if you suspect you have fallen ill

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.

Additional information on the coronavirus: terviseamet.ee/en