

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



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