

Based on the information which is available to the Health Board, you have come into close contact with an individual whose COVID/19 diagnosis has been confirmed in a laboratory. Therefore you will be required to monitor your health condition carefully over the next fourteen days. Please notify your family physician of your contact with an individual who has been infected with COVID-19 as soon as possible.

**Please read the following advice on how to behave during the monitoring period** (lasting for four days):

1. Please remain at home (use remote working and learning options)
2. Order your groceries to be delivered to your home if possible
3. Please do not visit public places
4. Observe the following health requirements:
  - a. Wash your hands regularly and sanitise, if possible
  - b. Avoid touching your face, eyes, mouth, and nose
  - c. Ventilate your home regularly (at least twice a day for at least fifteen minutes at a time)
  - d. When you cough or sneeze, please cover your nose and mouth with a paper tissue or your sleeve (throw the used tissue away immediately and wash your hands)
  - e. If you need to be in a public place or in contact with others, please wear a mask

If you or any members of your family develop:

1. **a fever, headache, and/or throat pain**, please get in touch with someone:
  - a. your family physician to receive instructions regarding further treatment;
  - b. outside of your family physician's working hours, call the family physician advisory line (1220);
2. **breathing difficulties or shortness of breath**, please get in touch with:
  - a. the emergency centre (112) and call an ambulance.

**Attention:** please ensure during the phone call that you mention your previous contact with a COVID-19 case or having travelled abroad.

If you develop any of the aforementioned symptoms, please **do not go** to the urgent care department of a hospital or visit your family physician. Instead ask for treatment advice and instructions over the phone. **Please also notify an employee of the Health Board that you have developed your present symptoms or if you have suffered a deterioration in your health condition, either by email or phone.**

Regulation No 123 by the Minister of Social Affairs: 'The requirements for controlling communicable diseases', has been adopted in Estonia for the control and prevention of the spread of infectious diseases. Pursuant to subsection 3<sup>1</sup> (2) of the regulation, all individuals who have come into close contact with an individual who has fallen ill must self-isolate at home based on a doctor's opinion and the Health Board's instructions. Pursuant to the same subsection, a child who is suspected of having COVID-19 must remain at home and may not attend a child care institution, including a school or any public space or area which has been designed for children.

*This regulation can be found here: <https://www.riigiteataja.ee/akt/115052020021>.*

Pursuant to subsection 44 (1) of the Communicable Diseases Prevention and Control Act, state supervision over compliance with the requirements that arise from the aforementioned regulation and other relevant legislation is exercised by the Health Board. In the event of a failure to observe the requirements, the administrative coercive measures which are listed in subsection 28 (2) or subsection 28 (3) of the Law Enforcement Act and/or the measures which are specified in subsections 46<sup>1</sup> (1)-(2) of the Communicable Diseases Prevention and Control Act may be applied to any individual who is found to be breach of those requirements. Pursuant to subsection 28 (2) of the Law Enforcement Act, the upper limit of any penalty payment for each imposition of those requirements is 9,600 euros. Pursuant to subsections 46<sup>1</sup> (1)-(2) of the Communicable Diseases Prevention and Control Act, any violation of the control requirements is punishable by a fine of up to 200 fine units in the event of a private individual and by a fine of up to 32,000 euros in the event of a legal entity.

Please do not hesitate to contact us if you have any questions.

Further information about coronavirus can be found here:

<https://www.terviseamet.ee/en/uuskoroonaviirus>.