What can I keep in mind when travelling during the period of viruses?

- Avoid contact with people displaying symptoms of the disease, especially coughing people.
- Avoid markets and locations where live and dead animals are treated.
- Wash your hands with soap and water and use disinfectants that contain alcohol.
- After returning from a risk area, monitor your health for 14 days, and refrain from going to work or school if possible.

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