

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



There are grounds for suspecting a coronavirus infection when you have **recently travelled to an outbreak area** or have had **contacts with infected people**, and have symptoms of the disease, such as **coughing, fever or breathing difficulties**



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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