

GUIDELINES for recovering from COVID-19 at home. When waiting for my coronavirus test result or if I have tested positive:

1. Why do I have to self-isolate at home?

Self-isolation at home is a precaution which is used to prevent the spread of the virus. By staying at home and avoiding contact with other people you will minimise the potential risk of infecting others.

2. How can I treat myself?

Your family physician will provide you with detailed treatment instructions. When your symptoms disappear and you feel well, please contact your doctor who will give you a final assessment of your condition.

3. What can I do to avoid infecting others?

Stay at home until you have fully recovered. Anyone who has been diagnosed with COVID-19 may not leave their place of residence or permanent lodgings from the moment at which they are diagnosed until they have fully recovered. If you need to communicate with other people, you must always wear a mask. Make sure that you always cover your mouth and nose when you sneeze or cough. Use a tissue, or your sleeve if a tissue is not available. Regularly clean any surfaces with which you have directly come into contact in your home.

It would be a good idea to find someone who can assist you. It may be anyone, whether a loved one, a friend, or a neighbour. The important thing is that this individual uses personal protective equipment and follows strict hygiene rules to protect themselves from falling ill. Only one individual should care for a patient and this individual should not be a risk group member: an elderly person (over sixty years of age), or a chronically ill and/or immunocompromised individual.

4. How can I get food and other necessary supplies?

If you have fallen ill, you may not go out to get your groceries or to visit a pharmacy. Your friends, acquaintances, and neighbours have an important role to play here, and it is them you should ask to bring you your groceries and medicinal products. It is also easy to have groceries, staple goods, and ready-made food delivered to your home. In this case, you should pay by bank transfer and ask the courier to leave the delivery behind your door.

If there is no other option, you should contact the local municipality government authority which will organise the delivery of the required goods to the people who need them. You may also communicate this request to the Health Board official who has been in contact with you, and they will forward the message to a social worker.

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6. Does my family have to stay at home?

Your family members will have to stay at home for a period of ten days if they have been in direct contact with you. They may have been infected, so the entire family must stay at home in order to prevent the spread of the virus and protect their own health. They must also contact their family physician by phone or email to notify them of having come into contact with you. Neither the ten-day requirement for remaining in one's place of residence or permanent lodgings nor the requirement to be tested for coronavirus SARS-CoV-2 which causes COVID-19 are applicable in the following cases:

1) if the individual has already had COVID-19 and has been declared by a doctor as having recovered within the past six months; 2) if the individual has been vaccinated against COVID-19 and less than six months have passed from the date upon which they completed their vaccination process.

If a family member develops symptoms within this period (such as a fever or cough), they should contact their family physician or call the family physician's advisory line (1220). In the event of there being a more serious health issue (such as breathing difficulties), the emergency line (112) should be called.

7. Do I have to notify my children's school?

You should most certainly notify your child's kindergarten or school about self-isolating together at home. The school will assist you by helping your child to participate in remote learning.

8. Should I notify any of my acquaintances with whom I have come into contact within the past few days of my situation?

While you are isolating at home, please find a moment to call or write to any acquaintances with whom you have come into contact within the last few days. This way they will know that they need to start monitoring their health as soon as possible and to observe the rules of good hygiene.

9. I already have concert or cinema tickets for tonight. Can I still go if I observe the general hygiene requirements?

No. In the name of your own good welfare and the welfare of others, do not attend any events. You should avoid any public places until you have recovered, irrespective of the cause of your illness.

10. What should I say to my employer?

You must notify your employer or your representative at work of your illness as soon as possible.

11. Where can I find the most adequate information about coronavirus?

Updated information about coronavirus is available on the following websites: www.kriis.ee/en and www.terviseamet.ee/en/covid19

The requirements regarding the control and prevention of the spread of communicable diseases have been established through order No 123 by the Minister of Social Affairs: 'Requirements

for the control of communicable diseases'. Pursuant to subsection 3¹ (1) of this regulation, individuals who have been diagnosed with COVID-19 must immediately place themselves in self-isolation at home, based on the opinion of their physician and on the instructions of the Health Board. Pursuant to subsection 3¹ (2) of the same regulation, a child who is suspected of having COVID-19 must stay at home and may not be taken to a childcare institution, including a school or a public space or any area which is designed to be used as a children's play area. *The regulation in question is available here:* www.riigiteataja.ee/akt/115052020021?LeiaKehtiv.

In addition to the aforementioned item of legislation, on 16 May 2020 the government of the republic of Estonia also adopted order No 170 regarding the 'Imposition of quarantine on persons who have been diagnosed with the COVID-19 disease which is caused by the coronavirus SARS-CoV-2, and on persons who are living with or who are permanently staying within the same residential address as them'. Pursuant to clause 1 of the order, persons who have been diagnosed with the COVID-19 disease are prohibited from leaving their place of residence or permanent lodgings from the time at which they were diagnosed until their recovery. A place of residence or a permanent lodging also refers to places where shelter services and safehouse services are provided. Whether a person has made a full recovery is a matter that is to be decided by a physician.

Pursuant to clause 3, a person who is living with or permanently lodging within the same residential address as a person who has been referred to in clause 1 of the order is prohibited from leaving, unless they are showing no symptoms of the COVID-19 disease and the following circumstances occur:

- 1) the person is a healthcare professional or someone who carries out public duties in order to fully perform their duties, provided that the person in question carefully monitors their health and complies with any and all measures that have been imposed by the government of the republic or the Health Board in terms of preventing the possible spread of this communicable disease;
- 2) the person is getting their everyday essentials from a location which is close to their place of residence or lodgings because there are no other options available to them, and the person in question is taking all available measures to prevent the possible spread of this communicable disease;
- 3) any and all contact with a person who has been diagnosed with the COVID-19 disease is eliminated within the place of residence or lodgings;
- 4) when outdoors, provided that the person in question takes all possible measures to prevent the possible spread of this communicable disease;
- 5) the person has been ordered by a healthcare professional or a police officer to leave their place of residence or permanent lodgings, or in the event of an emergency which places in danger the life or health of the person in question.

Pursuant to subsection 44 (1) of the Communicable Diseases Prevention and Control Act, state supervision over compliance with the requirements which arise from the aforementioned items of legislation is exercised by the Health Board. In the event of a failure to observe the requirements, the administrative coercive measures which have been laid down in subsections 28 (2) or (3) of the Communicable Diseases Prevention and Control Act and/or the measures which have been laid down with subsections 46¹ (1) and (2) of the Law Enforcement Act are implemented. Pursuant to subsection 28 (2) of the Law Enforcement Act, the upper limit of any penalty payment

for each breach of the regulations is set at a sum of 9,600 euros. Pursuant to subsections 46¹ (1) and (2) of the Communicable Diseases Prevention and Control Act, any violation of the precautionary requirements is punishable by a fine of up to 200 fine units for individuals and by a fine of up to 32,000 euros for legal entities.