

Travel Advice in the light of the **COVID-19** outbreak

If you are travelling back from a risk area. Within 14 days since your return from a risk area:



Monitor your health.



If possible, stay indoors and avoid close contact with other people.



1220

If you suddenly develop fever, cough or shortness of breath, call your doctor or family doctor advice line **1220** (in English every day from 15:00 till 17:00), mentioning your arrival from a risk area.



Should your condition get worse, call **112** for an ambulance.

What is the Novel Coronavirus?

The virus can cause symptoms such as cough, fever and shortness of breath. In a limited number of cases, it has led to more severe infections, even death.

How does the virus spread?

You can get the infection through close contact with a person who has symptoms from the virus (mostly cough).

Risk areas: Information of affected areas is published at WHO, ECDC and Estonian Health Board website terviseamet.ee/en

If you are travelling to a risk area:



Avoid contact with sick people, in particular those with a cough.



Avoid visiting markets and places where live or dead animals are handled.

Avoid contact with animals, their excretions or droppings.



Wash your hands with soap and water or use an alcohol-based disinfectant solution before eating, after using the toilet and after any contact with animals.



TERVISEAMET

