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.

- 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.