



The Health Board's instructions for employers regarding the accommodation of seasonal workers and in organising SARS-CoV-2 testing

- COVID-19 is an infectious viral disease which spreads from person to person by means of the projection of aerosols, mainly through close contact with infectious persons.
- If conditions are favourable, the virus can survive on contaminated surfaces for up to three days, but it can be destroyed through cleaning and disinfection.
- The risk of the spread of COVID-19 is at its highest in enclosed, crowded, and poorly ventilated rooms.
- The aim of these instructions is to provide advice in terms of providing proper accommodation and organising SARS-CoV-2 testing for seasonal workers.

General terms and conditions

- The building must be compliant with the latest requirements which are applicable to buildings of that specific type.
- The premises, sanitary installations, and equipment as provided to seasonal workers must be functional, clean, and safe for the user if they are being used for their intended purpose.
- The premises must be supplied with electricity and safe drinking water which meets current standards.
- The hot water supply system must make possible the heating of water to a temperature of up to 65°C. On a daily basis, the hot water temperature must be kept at least within the range of between 50-55°C.
- Proper waste removal and wastewater treatment must be ensured.

The cleanliness of the premises and proper ventilation

- The rooms, bathrooms, and toilet should advisably be ventilated by natural or mechanical means of ventilation.
- Any waste which may have been contaminated with the virus (eg. tissues, masks, etc) should be disposed of pursuant to the following instructions: www.envir.ee/et/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida.
- General lighting should ensure uniform, diffused lighting in public areas, the dwellings themselves, and in bathrooms and toilets.
- There should be an optimum air temperature within the dwellings (of at least 18°C).
- The employer or individual who has invited seasonal workers must ensure - prior to the arrival of any such workers - that during their stay and following their departure the accommodation premises have been properly cleaned.
- All rooms and surfaces must be cleaned pursuant to [the Health Board's advice in terms of cleaning and disinfection](#).

Requirements for accommodation

- The place of accommodation for seasonal workers should advisably be equipped with laundry facilities. The personal laundry of an individual who is suspected of having contracted the virus must be machine-washed at a temperature of at least 60°C.



- The minimum permitted surface area for the accommodation premises is 4m² per bed or bunk bed.
- There must be a gap of at least two metres between beds. If it is not possible to ensure the required two-metre gaps between beds then gaps of at least one metre must be left between them and the beds must be separated by using partition walls and screens.
- If possible, there should be at least one bathroom for every twelve beds within any accommodation for seasonal workers. The number of people who use the bathroom at any one time should be restricted so that bathroom users can maintain their social distancing, which could be achievable in several ways such as, for example, by drawing up a schedule for using the bathroom.
- If possible, there should be at least one men's toilet and one women's toilet for every twelve beds within any accommodation for seasonal workers.
- If there is enough room within the place of accommodation, it would be advisable to accommodate together in one room those people who have arrived together and who will work on the same shift.

The employer

- The employer must notify all employees of the requirements which have been established, and advice which has been issued by the state in connection with the spread of COVID-19 (www.kriis.ee/en; www.terviseamet.ee/en/covid19).
- The employer should think in advance about the conditions and circumstances which may be required in terms of the potential temporary isolation of an employee who exhibits the symptoms of an infectious disease.
- If a seasonal worker falls ill, the employer must observe the instructions entitled '[Advice for suspected and confirmed COVID-19 cases](#)'.

Testing seasonal workers for SARS-CoV-2

- Anyone who is arriving in Estonia for the purposes of working on the basis of the Aliens Act or studying at an educational institution which is registered in Estonia, and when coming from a third country in which the cumulative number of positive coronavirus SARS-CoV-2 test results for every 100,000 people over the past fourteen days is higher than sixteen must remain at their permanent place of residence or place of abode for ten calendar days after their arrival in Estonia. Updated information about the infection rates in different countries can be found [HERE](#).
- The duration of the compulsory ten-day restriction on anyone's freedom of movement can be reduced. For this purpose, two coronavirus PCR tests must be taken at least six days apart. In the case of seasonal workers, both of those tests must be taken in Estonia: the first immediately after arrival and the second at least six days after taking the first test. If the result of the second test is negative then any restrictions on the individual's freedom of movement will no longer apply. The individual must self-isolate until they have received their test results.
- An exception is when the testing requirements and the ten-day requirement to remain at one's permanent place of residence or place of abode are not applicable to those individuals who have had COVID-19 within the past six months and who have been declared healthy by a physician, or who have been fully vaccinated against COVID-19 within the past six months. Those individuals are, however, still required to observe all restrictions which have been established in Estonia and implement all measures which are being applied to prevent the spread of the virus.
- Foreign nationals can have their samples collected as follows, depending upon their method of arrival:



- By sea: in the pedestrian area of terminals A and D in the Port of Tallinn. Only card payments are accepted. Testing costs €52.
 - By plane: at a temporary test site at Tallinn Airport with the help of the medical personnel of Confido. Only card payments are accepted. Testing costs €60.
 - Indoors at the border zone and border crossing point in Narva, using the temporary Confido test site. Only card payments are accepted. Testing costs €52.
 - By train, by sea to Paldiski, or by road transport: using a pre-booked test appointment with a provider of healthcare services which is providing paid coronavirus testing services. The details of such service providers can be found [HERE](#). Prices for the tests range between €58-75, depending upon the specific service provider.
- Testing is available free of charge for anyone who has an Estonian personal identification code. Foreign nationals can pay on-site for a test by using a credit or debit card. Further information about testing can be found at: koroonatestimine.ee/en.
 - In order to take a repeat test, a test time must be booked with a company which is offering paid coronavirus testing services. The contact details of such companies can be found [HERE](#). It is advisable to book a test a few days in advance (as there may be a queue), but the second test may not be taken any earlier than on the sixth day after taking the first test. The day upon which the first test is taken is counted as day zero. An individual who has taken their first test on a Monday may take their second test on the following Sunday at the earliest.
 - In certain cases the involved parties can agree on a testing location for a group of employees which is convenient for all parties.
 - You can submit a traveller's declaration via the Health Board's self-service environment. See more [HERE](#)

Guidelines and advice are available at:

[The Health Board's COVID-19-related publications and instructions](#) [The Labour Inspectorate's advice to the employer and employee](#)