



Guide for air passengers for COVID-19 period

The purpose of this guide is to make recommendations for limiting the spread of COVID-19 when using an air transport service.

The guide has been developed, taking into account the [COVID-19 Aviation Health Safety Protocol](#) developed by the competent authorities at the European level (EASA and ECDC).

The guidelines may change according to the epidemiological situation and health protection rules.

General notices and recommendations

- COVID-19 is a contagious disease that spreads from person to person through the air by droplet infection, mostly coming when in contact with infected people. In addition, the virus can spread through contaminated surfaces and unwashed hands but is destroyed during cleaning and disinfection. The most common symptoms of COVID-19 are cough, fever, and/or difficulty breathing.
- Whenever possible, observe the requirement of physical distance between people (2 m), including sitting and standing as far apart as possible or according to the markings.
- Avoid touching any surface unnecessarily both at the airport and onboard the aircraft, and touching your face, eyes, nose, and mouth.
- Wear a medical face mask in crowded places and confined spaces if it is not possible to maintain the required distance and/or in accordance with the rules established by the airline.
- Observe respiratory hygiene - if you sneeze or cough, cover your mouth and nose with a disposable tissue or use your sleeve (forearm part), even if you are wearing a mask. [VIDEO: Hand wash and responsible hygiene.](#)
- Wash your hands for at least twenty seconds with running water and soap (see the [Health Board's hand wash instructions](#)). If washing is not possible, use an alcohol-based hand sanitizer.
- Apply and remove the protective mask correctly and replace it with a new one every three hours or if the mask got wet or dirty during use (see Annex 1 Instructions for using the protective mask).
- Put used personal protective equipment in a mixed municipal waste container (preferably collect in a resealable plastic bag or labeled container).
- Account must be taken of the possibility that, when checking an identity document, airport security staff, police officers, and airlines will have the right to request the removal of the protective mask.

Before going to the airport

- Check the airline's health information materials and follow their recommendations.
- At the request of the airline, fill in the Health Monitoring Questionnaire twelve hours before the flight or issuing of the boarding pass.
- Do not go to the airport if you have symptoms (fever, cough, difficulty breathing) and/or have answered "yes" to any question in the health declaration.



- Please be aware that only passengers are currently allowed to enter and leave the terminal on arrival (the only exception is passengers who need assistance in moving or are minors).
- Make sure you have a sufficient supply of medical face masks and alcohol-based hand sanitizer, either as a liquid (remember the 100 ml requirement on board the aircraft) or as impregnated wipes.
- Make sure you have enough time at the airport for flight-related activities, including check-in and security checks (at least two hours before the flight).
- Be aware of the quarantine requirements of the country of destination of your trip. Additional information can be found on the website of the Ministry of Foreign Affairs <https://reisitargalt.vm.ee/>

In the airport

- Wear a medical face mask, apply and remove it correctly and replace it every three hours or if the mask gets wet or dirty during use (see Annex 1 Instructions for using the protective mask).
- Be prepared to remove the face mask for safety reasons.
- Ask the airport staff for answers to your questions/doubts, or if you feel uneasy - they will help you in this new situation.
- Be prepared for a check of your body temperature.
- Be prepared to submit a Health Monitoring Questionnaire if you have not submitted it electronically.
- Be aware that you will not be allowed onboard airplanes without a medical mask.
- In the security control area, observe the information given by the airport operator and the instructions of the security staff. Allow enough time to pass the security check!

On board the plane

- Wear a medical face mask, apply and remove it correctly and replace it every three hours or if the mask becomes wet or dirty during use.
- Make sure you have enough quantities of medical face masks for the entire trip.
- Follow the cabin crew safety demonstration for information on what's happening on your flight.
- Reduce the use of individual local ventilation as much as possible.
- Ask the cabin crew for answers to your questions/doubts, or if you feel uneasy - they will help you in this new situation.
- Follow the instructions of the cabin crew (changing seats, monitoring respiratory hygiene, using a mask and, if necessary, filling in the Passenger Locator Form (see example in Annex 2)) if you experience COVID-19 symptoms during the journey (fever, cough, loss of taste and smell, breathing problems)

Annex 1 Instructions for using the protective mask

Wearing a mask is useful in public spaces (including public transport) if it is not possible to keep a distance from other people. A protective mask can help reduce the chance of a droplet infection reaching other people when you cough or sneeze. The mask can also reduce the chance



of the virus splashing from a person who is coughing nearby to a healthy person in an amount that causes infection and illness.

The following principles must be observed when wearing protective masks:

- Wash or disinfect your hands before applying the mask.
- The mask must be properly in front of the face so that the mouth and nose are covered. If the mask has a wire, it is at the top of the mask. The wire must be pressed properly around the nose. The lower edge of the mask is under the chin.
- If the mask has been pulled down or up from the face once or has been repeatedly adjusted and touched by hand, the mask must be replaced.
- The lifespan of a single protective mask is usually about 3-4 hours. It is then recommended to change the mask as its surface may transmit the virus.
- The mask must not be damp. A damp mask must be replaced.
- When removing the mask, do not touch the outside of the mask, but remove the mask from the straps. Wash or disinfect your hands after removing the mask.
- The used mask should be thrown in the trash with a lid or placed in a plastic bag, which should be closed. Under no circumstances should the used mask be left lying somewhere!

VIDEO on the correct use of the protective mask: [Applying and removing the protective mask](#). Disposable masks are for single use only and must be discarded or placed in a resealable plastic bag after removal.

Annex 2. Sample of airline Health Monitoring Questionnaire before a flight or issuing a boarding pass:

I certify that I must notify <name of airline or travel agent> as soon as possible if:

- I have been diagnosed with COVID-19 within fourteen days before the flight.
- I have had any of the following symptoms of COVID-19 (fever; cough; loss of taste or smell; shortness of breath) in the 8-14 days before my flight.
- I have been exposed to a COVID-19 patient (e.g., less than two meters for more than fifteen minutes) within fourteen days before my flight.
- Local or national law requires that I be quarantined during my flight for reasons related to COVID-19.

If it turns out at the airport that at least one of these statements applies to me, I have to cancel the trip.

The format of this declaration may change according to the epidemiological situation of COVID-19 and developments in testing possibilities.



Annex 3. Public Health Passenger Locator Form in Estonian:

Reisija asukohta ankeet rahvatervise seisukohast: Olukorras, kus kahtlustatakse nakkushaiguse esinemist lennul, vajavad tervishoiuasutused teie tervise kaitsmiseks alljärgnevat informatsiooni. Ankeedi täitmisest saadud andmed võimaldavad luua teiega kontakti, kui kahtlustatakse võimalikku nakkushaigusega kokkupuudet. Seetõttu on oluline täita käesolev vorm ausalt ja täpselt. Kõnealuseid andmeid kasutatakse rahva tervise kaitsmise eesmärgil, järgides isikuandmete kaitse seadust. ~ Täname teid abi eest rahva tervise kaitsmisel.

Kõik täiskasvanud perekonnaliikmed peavad täitma eraldi vormi. KASUTAGE SUURTÄHTI. Tühiku jätmiseks kasutage tühja lahtrit.

LENNU ANDMED:				1. Lennufirma nimi	2. Lennu number	3. Istme number	4. Saabumiskuupäev (aaaa/kk/pp)
							2 0
ISIKUANDMED:				5. Perekonnanimi	6. Eesnimi	7. Initsiaal	8. Sugu
							Mees <input type="checkbox"/> Naine <input type="checkbox"/>
TELEFONINUMBRID, kust olete vajadusel kättesaadav. Lisada juurde suunakood.							
9. Mobiil				10. Töö			
11. Kodu				12. Muu			
13. E-post							
ALALISE ELUKOHA AADRESS:				14. Tänav ja tänava number (Eralda number nimest tühja lahtriga)	15. Korterit number		
16. Linn				17. Maakond			
18. Riik				19. Sihtnumber			
AJUTISE PEATUMISKOHA AADRESS: Kui oled külastaja, märgi ainult esimese peatumiskoha aadress kus ööbid.							
20. Hotelli nimi (kui on)		21. Tänav ja tänava number (Eralda number nimest tühja lahtriga)			22. Korterit number		
23. Linn		24. Maakond					
25. Riik		26. Sihtnumber					
KONTAKTISIKU ANDMED: Isik kelle kaudu on teid võimalik kätte saada järgmise 30 päeva jooksul.							
27. Perekonnanimi			28. Eesnimi			29. Linn	
30. Riik			31. E-post				
32. Mobiil			33. Muu telefoninumber				
34. REISIKAAASLASED – PERELIIKMED: Täita juhul kui reisite koos alaealise (<18) perekonna liikmaga.							
Perekonnanimi		Eesnimi		Istme number		Vanus <18	
(1)							
(2)							
(3)							
(4)							
35. REISIKAAASLASED – MITTE PERELIIKMED: Täiendavalt lisa grupi nimi (kui on).							
Perekonnanimi		Eesnimi		Grupp (huvireis, meeskond, ettevõtte, muu)			
(1)							
(2)							