



INSTRUCTIONS

Tallinn

17/02/2021 No 1.1-16/21/2

Instructions for individuals who have had or have been vaccinated against COVID-19

These instructions provide an overview for the assessment of whether or not an individual has had or has been vaccinated against the disease, and of any exceptions which may apply to those individuals who have been vaccinated against Covid-19 or who have had the disease (and have therefore developed a level of immunity against it). The instructions describe the number of doses which must be administered in the case of the various vaccines which have been granted marketing authorisation, and what is required for an individual to be deemed to have been vaccinated (see the details on the information leaflet that is provided by each of the manufacturers). For self-isolation and quarantine requirements, please see Order No 47 by the government of the republic of Estonia, dated 30 January 2021: [‘Establishing the requirement to quarantine, for those individuals who have been diagnosed with COVID-19 which is caused by SARS-CoV-2, for those individuals who live with or who are permanently lodging in the same place of residence as the individuals who have been diagnosed with Covid-19, and for individuals who have come into close contact with an individual who has been so diagnosed in another manner’](#).

1. Having COVID-19.....1
2. Vaccination against COVID-19.....2
3. Applicable exceptions for those individuals who have become immune to COVID-19..3

1. Having COVID-19

- 1.1. Those individuals who have had COVID-19 within the past six months are deemed to have had the disease.
- 1.2. Proof of having had COVID-19 can be provided by printing the respective referral response or patient’s summary via the digilugu.ee portal. In order for an individual to prove that they have had the disease, their positive PCR test result must be presented. A positive antibody test result is not sufficient proof of having had the disease.

- 1.3. If an individual has had the disease in another country, they must present an officially verified certificate or an excerpt from a document which proves that they have been treated, which should be written either in the Latin alphabet or in Cyrillic, and in the languages of Estonian, Russian, or English. The document which is submitted must include the following information:
 - 1.3.1. the details for the individual concerned
 - 1.3.2. the analysing methods used
 - 1.3.3. the test results
 - 1.3.4. the time and place at which the test was taken
 - 1.3.5. the name and other details of the individual who carried out the test.

2. Vaccination against COVID-19

- 2.1. Vaccination is an efficient and safe manner for the prevention of symptomatic COVID-19 (especially severe cases). Those individuals who have been vaccinated will not be infected at all or will experience a milder course of the disease.
- 2.2. Those individuals who have fully completed their vaccination programme with a specific vaccine are deemed to have been vaccinated. The table below described when individuals are deemed to have become immune in terms of each of the various vaccines which are listed.
- 2.3. There are three vaccines which have received marketing authorisation from the European Committee and which are being used in Estonia (see table).

Table 1: those vaccines which have received marketing authorisation from the European Committee.

Vaccine manufacturer	Vaccine name	Number of doses	Time at which immunity gained
Pfizer Inc	Pfizer-BioNTech COVID-19 Vaccine	2	Seven days after the second dose.
ModernaTX Inc	Moderna COVID-19 Vaccine	2	Fourteen days after the second dose.
AstraZeneca PLC	AstraZeneca's COVID-19 vaccine	2	Fifteen days after the second dose.

- 2.4. All vaccinations are documented digitally, as well as on paper in the immunisation passport if the vaccinated individual wishes. There are several ways in which an individual can prove that they have been vaccinated:
 - 2.4.1. by printing their immunisation passport via the digilugu.ee portal;
 - 2.4.2. by using a paper-based immunisation passport which can be issued by the healthcare worker who vaccinated the individual;
 - 2.4.3. having been vaccinated in a foreign country, this can be proven by presenting the immunisation passport or a copy of that passport, a respective certificate, or a verified printout from a database.
- 2.5. The document which proves that an individual has been vaccinated in a foreign country must be drawn up in the Latin alphabet or in Cyrillic, and in the languages of Estonian, Russian, or English, while including the following information:
 - 2.5.1. the personal details of the vaccinated individual (full name)
 - 2.5.2. the vaccination dates
 - 2.5.3. the vaccine administered and the dosage
 - 2.5.4. the vaccine batch number
 - 2.5.5. the number of vaccine doses administered

2.5.6. the name and other details of the individual who administered the vaccine.

3. Those exceptions which are applicable to individuals who have become immune to COVID-19

3.1. According to currently unpublished research data, effective protection against COVID-19 which is gained after vaccination or when an individual has had the disease tends to last for a period of six months.

3.2. The chances of falling ill and spreading the virus cannot be fully ruled out even after having been vaccinated or having had the disease. Therefore any individuals who **have had the disease or who have been vaccinated against it must observe all precautions and restrictions, including the wearing of face masks, maintaining social distancing, observing the rules of good hand and respiratory hygiene, and carefully monitoring one's health.**

3.3. **Anyone who has had the disease or has been vaccinated is, however, not required to:**

3.3.1. self-isolate in the event of a close contact;

3.3.2. get tested or self-isolate after arrival in Estonia from a risk country.

Those exceptions apply in Estonia. Please check the official channels of the respective country in order to learn about the obligations and rights which are applicable in that specific country.

(signed digitally)

Üllar Lanno
Director-General