

# Advice in the light of the COVID-19 outbreak

## How can I protect others and myself during the period of viruses?



By washing your hands carefully and regularly



By covering your mouth and nose with your arm when coughing and sneezing



By immediately disposing of a used tissue



By staying at home when you are feeling ill or not well



By avoiding contact with other people if you suspect you have fallen ill

## What can I keep in mind when travelling during the period of viruses?



Avoid contact with people displaying symptoms of the disease, especially coughing people



Avoid markets and locations where live and dead animals are treated



Wash your hands with soap and water and use disinfectants that contain alcohol



After returning from a risk area, monitor your health for 14 days, and refrain from going to work or school if possible



There are grounds for suspecting a coronavirus infection when you have recently travelled to an outbreak area or have had contacts with infected people, and have symptoms of the disease, such as coughing, fever or breathing difficulties

## What can I do as an entrepreneur to protect my staff and customers during the period of viruses?



Allow your staff to work from home when necessary



Try to find a way to allow workers returning from a risk area to remain at home for 14 days



Provide the customary hygiene and disinfectant products on the premises of the company as well as in public areas



Notify staff and customers of hygiene requirements



Notify posted workers of potential risks and dangers and remind them of the regular hygiene requirements

## What can I keep in mind when attending and organising events during the period of viruses?



Seriously consider whether attending or organising the event is absolutely necessary



As an organiser of an event, you are responsible for making sure that people have the possibility of disinfecting their hands



It is wise to consult with a local healthcare provider before the event and agree on how to react to suspected cases of illness



Make sure that the surfaces of the bathroom, including the rubbish bin and the taps, are disinfected on a daily basis



If elderly or with a chronic illness, avoid attending public and major events



In any case, follow the website and social media channels of the Health Board for the latest updates



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[terviseamet.ee/en](https://terviseamet.ee/en)

When you have a health concern, you can contact your GP or the GP helpline 1220 +372 634 6630 when calling from abroad

If necessary, the call will be redirected to the emergency line 112