



REPUBLIC OF ESTONIA  
HEALTH BOARD

## TRAVEL ADVICE

because of the of the COVID-19 outbreak



Travellers FROM a risk area\*



Travellers TO a risk area

### 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 area:** China, Singapore, South Korea, Iran, Japan and Italy (Lombardy, Veneto, Emilia-Romagna and Piedmont regions)

Within 14 days since your return from a risk area:

1. Monitor your health.
2. If possible, stay indoors and avoid close contact with other people.
3. If you suddenly develop fever, cough, fever or shortness of breath, call your doctor or family doctor advice line 1220 (in English every day at 15-17), mentioning your arrival from a risk area\*.  
Should your condition get worse, call 112 for ambulance.



Avoid contact with sick people, in particular those with a cough.



Avoid visiting markets and places where live or dead animals are handled.



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.



Avoid contact with animals, their excretions or droppings.



<https://www.terviseamet.ee/en>  
[www.ecdc.europa.eu/en/novel-coronavirus-china](http://www.ecdc.europa.eu/en/novel-coronavirus-china)