



Overview of COVID-19

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COVID-19

- Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the virus that causes **COVID-19** (coronavirus disease 2019)
- This virus spreads from one person to another in the form of a **droplet infection** (including aerosoles, contaminated surfaces)
- The incubation period could be **1-14** days
- Most have mild-moderate symptoms, some need hospital care, some will die, 2-92% have symptoms after 2-3 months of acute infection (long COVID)

Symptoms and testing

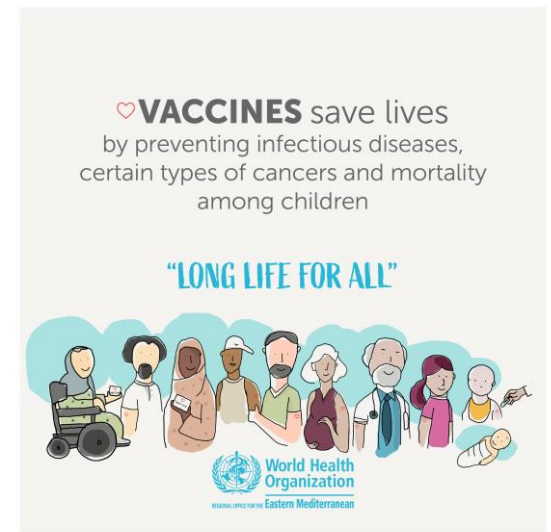
- From no symptoms (asymptomatic) to severe symptoms
 - Fever
 - Cough
 - Fatigue
 - Sore throat
 - Runny nose
 - Muscle pain or body aches
 - Headache
 - Vomiting
 - Diarrhea
 - COVID-19 and flu have similar symptoms
- 1. Rapid test – antigen testing. You can buy rapid test from the pharmacy (in Estonian “apteek”).
 - 2. PCR (polymerase chain reaction) test - is conducted on samples collected from the throat or nose using a swab or pharyngeal washing. Needs referral letter from doctor or paid service.

Management

- If you **test positive for COVID-19:**
- Please stay at home and consult medical advice by phone (your own FD or family doctor's advice line). The minimum self-isolation time in case of positive test is 5 days or until you have symptoms. During symptomatic period use mask.
- If you have been in a **close contact with person who have COVID-19:**
- Please monitor your health. Recommended is to use mask in contact with people.
- NB! Testing is needed only if you develop any symptoms

Vaccination

- The following COVID-19 vaccines are mainly used in Estonia:
- Comirnaty (by BioNTech/Pfizer) - 2 doses and after 3 months a booster dose
- Spikevax (by ModernaTX, Inc.) - 2 doses and after 3 months a booster dose
- COVID-19 is generally equivalent to one dose of vaccine
- Older than 60-years is recommended also fourth dose
- All vaccines are effective, safe and free of charge!



Possibilities to get vaccine

- vaccination points (in hospitals, pharmacies)
- family doctor's office
- <https://vaktsineeri.ee/en/covid-19/getting-a-vaccination/>

Information

Medical issues

Non-emergency call your own family doctor or family doctor`s advice line (1220 or +372 634 6630, service in English daily 15.00-17.00)

Medical emergency call 112

General information (non-emergency issues)

The hotline phone 1247 (free, when calling from abroad dial +372 600 1247) provide information in Estonian, Russian and English 24h on issues related to coronavirus as well as environment, roads etc.

Standard recommendations to prevent infection spread

- staying home in case of respiratory symptoms (even mild, even if you are vaccinated and even if you do not have covid-19),
- wearing mask in public places,
- covering mouth and nose when coughing and sneezing,
- regular hand washing,
- keep a safe distance with people.

Be healthy!