

COVID-19 INSTRUCTIONS

In order to help prevent the spread of the virus, it is important to follow the orders given by the Government of the Republic of Estonia and other authorities!

- **Avoid contact! Stay at home if possible.**
- Communicate with friends and family by phone or social media.
- When moving around, you must follow the **2 + 2 rule**: up to two people can move together and at least two meters apart.
- **The 2+ 2 rule applies both in public spaces and indoors**
- Pay more **attention to cleaning and maintaining cleanliness**, ventilate the rooms.
- **It is forbidden to organize gatherings in the residence halls.**
- If you need to visit the grocery store, think about your purchases in advance so that the store visiting goes quickly.
- **It is not allowed to visit the store when you are ill or with signs of illness.**
- If you are in isolation and can't go to the store, order groceries or prepared food at home.
- Due to the emergency situation it is prohibited to receive guests in the dormitories. This is to limit the spread of the virus.

If you have been in close contact with a person infected with COVID-19 – stay at home, monitor your condition and isolate yourself.

If you suspect that you are infected with COVID-19, evaluate your health and act according to it:

- Symptoms are rather mild or moderate – stay at home, monitor your condition and isolate yourself.
- Severe symptoms (fever over 38, cough) – stay at home and call either the family physician advisory line 1220 or +372 634 6630 or your family physician.
- Health is critical (you have difficulty breathing and need emergency help) – call the emergency number 112.

The Health Board of the Republic of Estonia

<https://www.terviseamet.ee/en/covid19>

Emergency situation web page

<https://www.kriis.ee/en>

The **emergency hotline 1247** to provide information on issues related to coronavirus (24h).

DEAR STUDENTS,

If you have tested positive for the coronavirus, please inform the dormitory reception about this by sending an e-mail to info@yhikas.ee or by telephone on +372 59 181 442. This will allow us to guide and assist you personally.

You must follow these guidelines if you've tested positive for the coronavirus:

- If the infected tenant lives alone in a separated zone (flat, room), they will remain in quarantine in their rented space.
- If the tenants of a separated zone test positive for the coronavirus (or one of them has tested positive, but the others display the symptoms of a viral infection – sore throat, cough, fever, etc.), then all the infected tenants and tenants with symptoms of a viral infection will remain in quarantine in the same zone for fourteen days (two weeks).

- If the tenant of a flat or room tests positive for the coronavirus and their flatmates display no symptoms of the virus, the flatmates will move to the vacant rooms provided by the campus and the infected tenant will remain in quarantine in their rented space. The flatmates who have moved into vacant rooms (into one flat if possible) must also remain in quarantine in their new rented space for 14 days .
- A tenant infected with the coronavirus and the flatmates who have been in contact with them must remain in isolation and avoid physical contact with other people.

RECOMMENDATIONS OF THE HEALTH BOARD. PATIENT'S GUIDE FOR TREATING COVID-19 AT HOME:

If you're waiting for the results of your corona test or have tested positive, treat yourself safely at home – do not leave your house or flat. The majority of people who become infected only experience light symptoms.

1. Why is isolation necessary?

Isolating yourself at home is a precaution necessary for preventing infectious diseases from spreading. The disease primarily poses a threat to the elderly and people suffering from serious diseases in whose case light symptoms may develop into pneumonia. If you stay at home and don't have contact with other people, you cannot catch the virus from other people or infect them yourself – this way, you reduce the risk of infecting others and contribute to stopping the coronavirus from spreading.

2. How can I treat myself?

If you've been diagnosed with the infection or have been in contact with an infected person, the most important thing to do is keep calm, and observe the changes in your body and their progression. Rest as much as you can! Symptomatic treatment is used to treat the coronavirus disease, i.e. attempts are made to alleviate the symptoms of the virus infection. You can alleviate your cough and fever with non-prescription medicines available at pharmacies. Use paracetamol for reducing fever. If necessary, consult your family doctor or call the family doctor's helpline on 1220. Once your symptoms have disappeared and you're feeling well again, the family doctor will allow you to end your sick leave. Follow the rule that you'll definitely be healthy for others (i.e. not spreading the virus further) after 14 days – that's why you should treat yourself without leaving home!

3. What can I do to avoid infecting others?

Stay at home until you've fully recovered. Avoid going outside. If you really need to go somewhere, keep your distance from other people. Make sure that you cover your nose and mouth when sneezing or coughing. Use a tissue if possible or, if you don't have one, your sleeve or the inside of your jacket/cardigan. Regularly clean the surfaces with which you come in direct contact at home and which others may come in contact with (such as door handles, switches, handrails, computer mouse, keyboard, mobile phone). Don't forget to regularly wash your hands with soap. Your hands are polluted with the virus when you're ill, so you'll transfer the virus to various surfaces with your hands. Soap as a detergent makes the virus non-infectious. It would be good if you could find someone to help you – a family member, friend, volunteer or neighbour. Only one person who does not belong in a risk group should look after the ill person. People aged 60 and over (incl. those living in nursing homes) and people with serious associated states of health belong to the risk group. It's important for the carer to protect themselves by following strict requirements – hand washing, mask, communication from a distance (at least 2 metres). The carer can bring you food, medicines,

hygiene products and everything else you need during the 14 days. They can leave these things behind your door and communicate with you by telephone.

4. How can I get food and other necessities to my home?

A person who is ill should not go to shops or pharmacies. Your friends, acquaintances and neighbours play a big role here, as you can ask them to get your food and medicines. Having food, other necessities and prepared meals delivered to your home is also an option. In this case, you can pay by bank transfer and must ask the courier to leave the goods behind your door. If there are no other options, contact your local municipality, which will arrange for the necessary goods to be delivered to you.

5. What should I do if my health has deteriorated?

Call your family doctor or the family doctor's helpline on 1220, explain the situation and follow the instructions given. If your condition is very serious, call an ambulance and it will take you to a hospital.

6. When can I end my isolation?

Ask your family doctor when you can end your isolation at home. Isolation generally ends 14 days after the first symptoms are displayed. Also, the person must have had no fever for at least two days and no respiratory symptoms (primarily cough and sore throat) for at least a day.