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
- The incubation period could be up to 10 (14) days
- **Symptoms**: fever, fatigue, cough, shortness of breath, running nose, loss of smell, sore throat, headache, muscle pain, nausea, diarrhoea, pneumonia, respiratory failure, kidney failure, thrombosis
- Mild-moderate symptoms (80%), about 25% need hospital care and about 3% will die

If you develop symptoms, you need to do test

- Please contact your own family doctor in Estonia or call family doctor’s advice line 1220 or +372 634 6630 for test referral
- If you test positive for COVID-19, you will be contacted by phone and advised further by the Estonian Health Board specialist
- Please stay at home and consult medical advice by phone
- You can consult with your own FD or family doctor's advice line about your treatment by phone
If you have been in a close contact

- Monitor your health and consult with your own FD or family doctor's advice line by phone about testing

- A close contact is an individual who has been in contact with a COVID-19 case for at least 15 minutes (within the past twenty-four hours), being within a distance of two metres from the infected individual.

- General rule is to stay at home and monitor your health for 10 days starting from the day of close contact with the diseased person.

- Unless you have
  1) suffered from COVID-19 and have been declared healthy by a physician and no more than six months have passed since the person was declared healthy;
  2) completed the vaccination series for COVID-19, have developed full protection after the last dose of vaccine and no more than one year has passed since;
  3) been given one dose of vaccine after recovering from COVID-19, have developed full protection after the dose of vaccine and no more than one year has passed since

NB! If you develop any symptoms, you have to do testing
COVID-19 testing

- The gold standard of testing is the **PCR (polymerase chain reaction) test**, which is conducted on samples collected from the throat or nose using a swab.

- In some circumstances **rapid antigen detection tests** can also be used which are faster, but less accurate than PCR.

- A positive test rapid test result means that it is very likely that you are infectious, and you should immediately stay home and call your family physician or the family physician advisory line. Unless decided otherwise by the physician, the rapid antigen test result should be confirmed by a PCR test.

- A negative rapid test result - if you are sure that the sample was collected properly, you have no symptoms which are characteristic of COVID-19, and you are not aware of having come into close contact with individuals who have been infected with COVID-19, you may carry on with your normal life.

- A third type of testing called ‘**serological testing**’ is also available to check for antibodies. This provides information on whether someone has been infected with the virus in the past. These tests are conducted using a blood sample to detect antibodies which usually develop within a few weeks of the initial infection.

Please check the latest information about COVID-19 testing

Vaccination

- The following COVID-19 vaccines are used and accepted in Estonia:
  - Comirnaty (by BioNTech/Pfizer) - 2 doses
  - COVID-19 Vaccine Moderna (by ModernaTX, Inc.) - 2 doses
  - Vaxzevria (by Oxford/AstraZeneca), previously COVID-19 Vaccine AstraZeneca – 2 doses
  - COVID-19 Vaccine Janssen (by Janssen-Cilag International N.V.) - 1 dose

All of them are effective and safe!
Possibilities to get vaccine

- A vaccination appointment can be booked by calling 1247.
- There are also other possibilities:
  - vaccination bus
  - vaccination open days
  - family doctor’s office

COVID certificate

- The EU digital COVID test certificate allows people who have been vaccinated against COVID-19, given a negative PCR test or recovered from COVID-19 (based on a positive COVID-19 PCR test) to certify the authenticity of the information entered into the health information system by the health care service provider.

- If you have an Estonian ID-code but do not have the possibility to create the certificate by yourself at the Patient Portal (digilugu.ee), then you can get the certificate from any service centre of the Social Insurance Board.

- A vaccination certificate in paper format which is issued by an individual’s family physician or another healthcare worker who is providing the vaccination service may also be used to prove that you have been vaccinated against COVID-19.

Information

General information
• The hotline phone 1247 provide information on issues related to coronavirus (24 h)

Testing referral or medical help
• call your own family doctor or FD’s advice line (1220 or +372 634 6630)
• or 112 for ambulance (in acute situation)

https://www.terviseamet.ee/en/covid19
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!
How to wear a mask properly

https://www.youtube.com/watch?v=3Pu8zGLPcOs&list=PLV8_D7-jawHSmK5cvA4PiaUNlHKVjQ68Q&index=2