



Current restrictions

In order to avoid the spread of the virus and getting infected, to protect the life and health of the people and to ensure the functioning of the society, it is necessary to follow the enacted guidelines.

Further information on the coronavirus and the decisions and changes in the organisation of life related to that can be received from the crisis information line 1247. When calling from abroad, +372 600 1247.

General instructions

Code of conduct of the Health Board for people, institutions, and companies, for slowing down the spread of and infection with the coronavirus.

[EXPAND ALL](#)

IF YOU FEEL ILL, STAY HOME ▼

If you have COVID-19 or suspect you have fallen ill, contact your family physician or call the family physicians' advisory line (1220). If you develop any symptoms, please do not visit the emergency department or visit your family physician in person, but instead first ask for the advice of your family physician over the phone.

Remain at home for at least five days (even if you are asymptomatic). Contact your family physician for a certificate to show your incapacity for work or a certificate for care leave.

Avoid contact with other people.

Please **notify your close contacts** that they may have been infected.

SELF-ISOLATE AFTER COMING INTO CLOSE CONTACT WITH A PERSON WHO HAS BEEN DIAGNOSED WITH COVID-19 ▼

The close contacts of a person diagnosed with COVID-19 should self-isolate for at least five days and monitor their health. It is especially important to avoid contact with people belonging to a risk group (regardless of their vaccination status). If complete isolation is not possible, wear a protective mask that tightly covers the nose and mouth.

It is not necessary to observe the advice to remain at one's own residence or permanent place of abode for five calendar days in the following cases:

the individual is vaccinated (or is the equivalent to a vaccinated person), has received a booster vaccination, and less than one year has passed since they received their most recent vaccination

the individual has completed the initial COVID-19 vaccination cycle and less than nine months (270 days) has passed since they received their most recent vaccination

the individual is considered to be the equivalent to a vaccinated individual (ie. they have recovered from the virus and have received one vaccine dose), and less than nine months (270 days) have passed since they received their most recent vaccine

the individual has had COVID-19 within the past six months (180 days) and has been declared by a physician to have recovered.

Travelling

Travelling to Estonia is allowed for everyone. Travelling from Estonia to other countries is allowed but please take into account that different restrictions might still be in place in your destination country.

COLLAPSE ALL

ENTRY INTO ESTONIA IS ALLOWED

COVID-19 travel restrictions have been lifted in Estonia. Travellers are not required to provide proof of vaccination, recovery from COVID-19 or a negative test result. The citizens of third countries have to have a valid Schengen visa in order to be able to enter the country.

Citizens of the Russian Federation are subject to extensive restrictions when entering Estonia; you can read more about them here: [Visas of Russian citizens](#).

When traveling abroad from Estonia, restrictions may apply when crossing the state border, as well as within the country, depending on the country. You can find information on the rules for entering other countries on the [European Union travel portal Re-open EU](#) .

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Academic and hobby activities, refresher training

Kindergartens, schools, hobby groups, and educational and youth institutions offering refresher training are open.

EXPAND ALL

SCHOOLS ARE OPEN, HOBBY ACTIVITIES ARE ALLOWED TO TAKE PLACE

Educational activities take place in the regular manner. It is still important to follow the dispersion and disinfection rules. It is recommended to wear a mask in a crowded spaces.

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Public events and gatherings

It is important to assess the local infection situation and the specificities of the event when organising public and major events, and ensure conditions that would allow avoiding possible transmission of the disease. People in a risk group are recommended to refrain from participating in major events.

EXPAND ALL

PUBLIC MEETINGS AND EVENTS ARE ALLOWED

Public meetings and events are allowed. It is recommended to wear a mask in crowded indoor spaces and in public transport, especially for risk groups. It is also recommended to keep a reasonable distance, if possible, and to wash or disinfect hands regularly.

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Trade, service, catering, public transportation

In crowded interior spaces, catering and service establishments, as well as in public transportation, depending on the current risk level, it is recommended to follow measures to prevent the spread of the coronavirus.

[EXPAND ALL](#)

SHOPPING CENTRES, SERVICE- AND CATERING ESTABLISHMENTS ARE OPEN

In crowded interior spaces, catering and service establishments, as well as in public transportation, depending on the [current risk level](#), it is recommended to follow measures to prevent the spread of the coronavirus: wear a mask, especially risk groups; keep a reasonable distance when possible and wash or disinfect your hands regularly.

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Doing sports and free time

Organising sports competitions, trainings, camps, sports and exercise events is allowed both indoors and outdoors.

[EXPAND ALL](#)

DOING SPORTS IS ALLOWED

Doing sports and training is allowed both alone and in groups, sports facilities are open. It is recommended to wear a mask in crowded indoor spaces, especially for risk groups. It is also recommended to keep a reasonable distance, if possible, and to wash or disinfect hands regularly.

In crowded interior spaces, catering and service establishments, as well as in public transportation, depending on the [current risk level](#), it is recommended to follow measures to prevent the spread of the coronavirus: wear a mask, especially risk groups; keep a reasonable distance when possible and wash or disinfect your hands regularly.

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