

COVID-19 instructions and health declaration of the North Estonia Medical Centre

The COVID-19 infection carries a high risk of in-hospital outbreaks and illness in healthcare employees. Therefore, the North Estonia Medical Centre has implemented preventive measures described in this guide to ensure the safest possible working and treatment environment for patients and employees.

These instructions apply to the employees of the North Estonia Medical Centre's cooperation partners, interns in the Medical Centre, as well as to those attending training.

We thank our partners for following the instructions below when working at the Medical Centre.

Risk	Action
1. An employee with signs of respiratory infection with a positive PCR SARS-CoV-2 RNA test.	Isolation until recovery – a person is considered recovered if at least 10 days have passed since the onset of symptoms, the patient has not had a fever in the last 72 hours without the help of antipyretics, and their respiratory symptoms have resolved. Repeat testing is not required. It is forbidden to come to the Medical Centre for work
2. An asymptomatic employee with a positive PCR SARS-CoV-2 RNA test	Isolation – if no symptoms occur, isolation is discontinued 10 days after a positive test. Repeat testing is not required. It is forbidden to come to the Medical Centre for work
3. An employee with signs of respiratory infection who has not been tested for SARS-CoV-2 or whose results are not yet known (e.g. fever, cough, sore throat, difficulty breathing, hoarseness, runny or stuffy nose, wheezing, sneezing, loss of taste and smell, muscle pain, etc.)	It is forbidden to come to the Medical Centre for work If COVID-19 is ruled out, they can come to the Medical Centre once the acute signs of infection have resolved.
4. Arrival from a foreign country (the list of risk countries is available on the website of the Ministry of Foreign Affairs, data is updated once a week)	Quarantine – upon arrival from a country at risk, the employee takes two tests – the first immediately upon arrival in Estonia and the second on the tenth day. If the test on the tenth day is negative, they can come to the Medical Centre. It is forbidden to come to the Medical Centre for work before finding out the result of the second test
5. Exposure to a person infected with COVID-19 (e.g. domestic or other household contact; occupational contact, non-use or breakage of protective equipment, etc.)	Quarantine in accordance with the decision of the Health Board or a doctor It is forbidden to come to the Medical Centre for work

The quarantine obligation described in clauses 4 and 5 is not applied if the person:

- has already been infected with COVID-19 and their doctor has confirmed their recovery within the last six months or
- has been vaccinated against COVID-19 and the vaccination was completed no more than six months ago. The vaccination is considered completed: 7 days after the second dose for Pfizer/BioNTech's COMIRNATY; 14 days after the second dose for Moderna's vaccine; 15 days after the second dose for AstraZeneca's vaccine. People who have not received the final dose of the vaccine are considered unvaccinated.

By signing this document, I confirm the following:

- 1. I have read the instructions and follow the requirements;**
- 2. I do not have any of the following symptoms:**
 - fever higher than 37.5 °C
 - cough
 - sore throat
 - difficulty breathing, shortness of breath
 - loss of taste and smell
 - muscle pain
 - hoarseness
 - runny or stuffy nose;
- 3. I have not been in the risk countries listed on the website of the Ministry of Foreign Affairs within the last 10 calendar days;**
- 4. neither I nor anyone in my household has been exposed to COVID-19 in the last 10 days;**
- 5. I will immediately notify my immediate supervisor and the Medical Centre contact person or training provider if I develop any symptoms at any time or come into close contact with a COVID-positive person, and implement the guidelines set out in the instructions;**
- 6. I am aware that, due to the epidemiological situation of COVID-19, these instructions may be supplemented or amended by the Medical Centre, and I confirm that I will read and follow the updated or amended instructions once they have been notified.**

Submit this confirmation to your direct contact person with the Medical Centre before starting work at the Medical Centre. The confirmation may be signed on paper or digitally. There must be a separate confirmation for each employee.

First and last name:

Name of the company/organisation:

Signature:

Date: