



IDA-TALLINNA KESKHAIGLA

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## Information about viral diseases

To prevent the spread of seasonal viral diseases and protect the health of our patients and hospital staff, we ask you to follow the instructions below.

### Coming to the appointment

- **Please stay home when you feel ill!** Do not come to the appointment, screening or procedures if you have the symptoms of a viral infection (cough, cold, fever).
- If you become ill, please notify us by calling [666 1900](tel:6661900) or cancel your appointment in our patient portal iPatient.
- **Contact us again if you feel better and we will help you find a time for a new appointment!** If you become ill, please also notify your family doctor or call the Family Doctor's Advice Line 1220.
- When entering the hospital, please disinfect your hands.
- It is allowed to accompany a child up to 14 years of age and a patient with a physical disability (except inpatient and day care patients) in the premises of the hospital. The accompanying person of the patient is obliged to follow the regulations set by the hospital.

### Wearing a protective surgical mask

- Patients presenting to the Emergency Medicine Centre (EMC) and the Women's Clinic Emergency Department must wear a face mask if they have symptoms of acute respiratory viral infections (cough, runny nose, fever).
- Wearing a surgical mask during appointment or treatment is not mandatory.
- Face masks and hand sanitizer are available at all of the hospital's exterior doors. Face masks are also provided in examination/appointment rooms and inpatient departments.

### To the family of the patient

- Visiting is allowed at the Ravi and Magdaleena units on Mon–Fri 3 pm–7 pm and Sat–Sun 12 pm–7 pm, and at the Järve unit on Mon–Fri 3 pm–7 pm and Sat–Sun 12 pm–4 pm.
- Please do not visit patients if you have the symptoms of a viral infection (cough, sore throat, cold, fever).
- One visitor per patient is allowed.

### COVID-19 vaccination

- We invite people from the age of 12 to come and get vaccinated.
- For getting the vaccination, at least 6 months must have passed since your last dose or since you've had the virus. You can also get vaccinated when you've not been vaccinated before for COVID-19, nor have had COVID-19.
- The vaccine used is [COMIRNATY](#) Omicron XBB.1.5 (BioNTech Manufacturing GmbH).
- Vaccination is offered at our Tõnismäe unit (address: Hariduse 6) ja and at the Magdaleena Health Centre (address: Pärnu mnt 104). See the opening hours of the vaccination offices [here](#).
- Please book the appointment for vaccination (you can cancel if you need to) at the [national eBooking system](#) or by calling 666 1900 (Mon-Fri 7:15 am–6 pm).
- You must have valid identification with you when coming for your vaccination.
- Vaccination against COVID-19 is free of charge for all people living in Estonia, including those who do not have a valid health insurance.

### **Immunisation procedure**

According to the recommendation of the immunoprophylaxis expert committee, the primary immunisation round consists only of a single vaccine dose, despite the status of having had COVID-19.

### **When does one need a booster shot?**

According to the expert committee on immunoprophylaxis, a booster shot is recommended for risk groups: people aged 60+, and children and adults with risk conditions. A booster shot is administered after 6 months have passed from the last vaccination or from having had COVID-19. Maximum protection from the booster dose will develop within two weeks after the injection.

### **Creating an immunisation certificate**

The EU countries do not require a COVID immunisation certificate, however, it may be necessary for travelling to other countries. Before travelling abroad, please check the requirements of target countries from the webpage of the Ministry of Foreign Affairs. You can create an immunisation certificate for free at the national patient portal [www.digilugu.ee](http://www.digilugu.ee).

Please see additional information [here](#).