



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.