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## 1. COVID-19

- The coronavirus that causes COVID-19 is genetically similar to SARS (Severe Acute Respiratory Syndrome Coronavirus), so the official term for the virus is SARS-CoV-2.
- The virus spreads from human to human through droplet infection, causing headaches, cough, fever, difficulty breathing, sore throat, muscle pain, loss of taste and smell, fatigue, and overall strong weakness. Diarrhea, nausea, and vomiting have been reported in up to 10% of patients before the onset of fever and respiratory symptoms. Patient with COVID-19 is infectious ~2 days before and up to 10 days after the onset of symptoms.
- The clinical picture of the disease is varied: it can be asymptomatic, mild cold symptoms or severe symptoms and *long-Covid*.
- Risk factors for severe Covid: concomitant chronic disease (hypertension, diabetes, coronary heart disease, COPD, immunodeficiency)
- The incubation period of the Delta variant is average 4 days, for Omicron strain it is 3 days.
- The median time from onset of symptoms to hospitalization is 6-7 days, dyspnea 7-8 days, intensive care 9-12 days and death 18.5 days until discharge.
- Older people and people with concomitant diseases are more likely to have the disease and have a higher mortality rate.
- COVID-19 disease is confirmed by positive SARS-CoV-2 RNA in the upper or lower respiratory tract material of a symptomatic patient

### 1.1. COVID immunization pass

- From 1 February 2022, vaccination certificates confirming the completion of the primary vaccination course for adults will be valid for 9 months.
- The primary vaccination course is considered to have been completed if two doses of the Astra Zeneca, Moderna and Pfizer have been administered and one dose in case of Janssen vaccine.
- Having been vaccinated one dose of above-mentioned vaccines plus recovery from COVID-19, then it is considered equivalent of having had two doses of Astra Zeneca, Moderna, Pfizer vaccine, and one dose of Janssen.
- After the booster dose, the validity of the vaccine certificate will be extended for an initial period of one year from the date of receipt of the booster dose.

### 1.2. Recovery pass

- With the European Union's digital COVID recovery pass, you can prove that you have had the Sars-Cov-2 disease.
- Basis of proof is a Sars-Cov-2 positive PCR done in Estonia, which has been entered into the health information system by the healthcare provider.
- COVID Recovery pass is valid for 6 months

## 2. General guidelines

### 2.1. Restrictions imposed by the Government of the Republic of Estonia to prevent the spread of covid-19 disease

- **Keep distance** - In public indoor areas, the requirement of scattering must be taken into account, ie keep distance between strangers at least 2 meters.
- **Hand hygiene** – wash hands regularly under a flowing warm water and with soap. In public indoor areas use hand disinfectant.
- **Wear a mask in public indoor areas** – Everyone over the age of 12 (including) in public indoor areas, including places where COVID pass is checked, must wear a mask. If a person can't wear a mask due to medical reasons, then they must be ready to prove it with a medical certificate. A mask is not replaceable with a scarf, collar, visor or other.
- **All persons over the age of 18 must provide COVID immunization pass or recovery pass in a controlled public place.** The certificate must also be submitted by 12–17-year-olds (beginning from 15.11.2021 young people between the ages of 12 and three months up to 17), who may submit a test certificate in addition to proof of vaccination or completion. The COVID pass is valid with an ID. If a person has not been vaccinated due to medical reasons, a medical certificate must be submitted to participate.
- The organizers are obliged to check the validity of COVID passes with an ID.
- **Cough and sneeze into the sleeve.** There is no use of covering your mouth with your hand because the microbes will easily spread from there.
- **Do not touch your eyes, nose, and mouth.** This prevents the transfer of the virus particles from the hands to the mucous membranes.
- **If you are feeling sick, then stay at home** and call your family physician or the advice line 1220.
- **The infected will remain in quarantine.** People who have been diagnosed with COVID-19, must not, from the beginning of getting sick until declared healthy, leave their place of residence. Quarantine lasts at least 10 days or until 72 hours have passed from the last fever.
- **Close contacts have to self-isolate for 7 days.** Close contacts who live with a person with COVID-19, must stay in isolation for 7 days.
- **Close contacts that do not have to stay in self-isolation** are
  - I. **Fully vaccinated against COVID-19** and it has not been a year since the last dose
  - II. **Recovered from COVID-19 in the last six months** and declared healthy by a doctor
  - III. **Equivalent of vaccinated** – have received a single dose of vaccine after having recovered from COVID-19, reached maximum protection and it has not been more than

a year since the last dose or have been infected with COVID-19 after a single dose of vaccine, have recovered from COVID-19 and no more than one year has elapsed since the SARS-CoV-2 test was done or the date of diagnosis was confirmed

- Make sure you have a valid health insurance. If necessary, make an additional insurance.
- Make sure you have a valid COVID pass, validity can be checked here <https://kontroll.digilugu.ee/>
- Each member of the agency and volunteer is familiar with the agency's internal guidelines for handling COVID-19 and follows regulations.

## 2.2. Arrival at the competition center

- **All employees, competitors and volunteers** will go through a COVID checkpoint **BEFORE** starting work or entering the competition center.
- All employees, competitors and volunteers must present COVID immunization or recovery pass with an ID.
- **All employees, competitors and volunteers must do the Ag rapid test. A negative result will guarantee accreditation.**

## 2.3. Additional testing

- **All competitors must do an additional Ag rapid test on Friday 11.02.2022.**
- **All employees must have a negative Ag rapid test result, which has not been done earlier than 24 hours.**

## 2.4. Sites for additional information on COVID-19

### Corona crisis info

EST: <https://kriis.ee/>

ENG: <https://kriis.ee/en>

RUS: <https://kriis.ee/ru>

### Estonian Police and Border Guard Board

EST: <https://www.politsei.ee/et/juhend/eriolukord>

ENG: <https://www.politsei.ee/en/instructions/emergency-situation>

### Health Board

EST: <https://www.terviseamet.ee/et>

ENG: <https://www.terviseamet.ee/en>

RUS: <https://www.terviseamet.ee/ru>

### 3. Guidelines for competitors

#### 3.1. In addition, general guidelines in item 2

- **All competitors (including their accompanying team members)** will go through COVID checkpoint **BEFORE** entering the competition center (it is demanded once during a competition period)
- **It is mandatory to wear a mask in indoor public areas.** In outdoor public areas it is recommended. Additional instructions appendix 1
- Disinfect your hands **always** when you have touched another person, their belongings and/or touched common surfaces.
- All competitors must make sure that they have a valid travel/ health insurance, which would cover all costs of sickness abroad (including testing and quarantine costs).
- **All competitors** and their team members are informed S competition's handling of COVID-19 and follow the regulations.
- **If you develop any symptoms** (fever, cough etc.), then:
  - **Do not leave** your place of residence (if you must, then use a mask and go straight to a medical station). If you are in the competition center or other public place, then **separate** from others and find the safest way to a medical station (COVID doctor will help).
  - **Call the COVID doctor as soon as possible**, follow the instructions.

<p><b>COVID Medic (24/7)</b></p> <p><b>+372 56 273 074 (Kaarel)</b></p> <p><b>+372 51 682 86 (Julia)</b></p>	<p><b>Kaarel</b> WhatsApp kontakt</p> 
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## 4. COVID exposure instructions

According to the order of the Government of the Republic of Estonia, all employees, competitors, and volunteers are regulated according to which:

People who have been in close contact with an infected person should remain at home in isolation for 7 days, unless:

- The person has had COVID-19 not more than 180 days ago;
- The person has been vaccinated against COVID-19, has reached maximum protection since the last dose of vaccine and it has not been more than a year from the last dose
- The person has received a single dose of the vaccine after recovering from COVID-19, has reached maximum protection after the vaccine dose and has not been infected with COVID-19 for more than one year since the last dose, has been diagnosed no more than one year ago, since the confirmed SARS-CoV-2 test or the date of confirmation of the diagnosis

Close contact is defined as a person who has been in contact with a COVID-19 patient for at least 15 minutes (in the last 24 hours in total) and closer than two meters.

**All employees and volunteers and participants in the event must have a valid COVID immunization pass or a recovery pass throughout the event**

## 5. COVID exposure instructions for participants

### 5.1. Healthy participant (inc. Teammembers)

- When a person with a valid COVID pass do not have any symptoms, then they don't have to stay in isolation after exposure with a COVID patient.
- Monitor your health for 7 days, perform SARS-CoV-2 PCR test as soon as possible if symptoms occur.

### 5.2. Infected participant

#### **Infection at home/ place of residence**

- **Stays at home/place of residence** and in case of occurring COVID symptoms (increase in body temperature  $\geq 38,0^{\circ}$  and one or more of the following – new persistent cough, difficulty breathing or sore throat), **will notify the COVID doctor**, who will provide guidance on the necessity and possibility of COVID analysis

- If provides an analysis, the answers to the COVID analysis will be reflected in the participant's digital story (in case of Estonian citizens), the employer will be notified

#### **Infection at the competition center/ during the competition**

- **Wears a mask and separates – tries to go while keeping the distance, to the medical tent and informs immediately the COVID doctor**
- **The COVID doctor** will provide guidance on the necessity and possibility of COVID analysis
- **Goes home or to the place of residence** with their own car or they will be transported home or to the place of residence in a given vehicle, stays in quarantine
- If an employee needs quarantine outside of home
  - The possibility will be organized by staff/COVID doctor

If the person provides an analysis, the answers to the COVID analysis will be reflected in the participant's digital story (in case of Estonian citizens), the employer will be notified

#### 5.3. Confirmed COVID-19 in a Participant

- **The Participant will stay in quarantine for 10 days**

If necessary (the place of residence will not allow quarantine, there is no place for the completion of quarantine etc.) the organizer of the event will organize special rooms to quarantine

- Participant in need of hospital care will give the information to the COVID doctor, who in cooperation with the Participant will decide over the need of calling the ambulance
- Countries may, at short notice, introduce measures to prevent the spread of new virus variants. <https://reopen.europa.eu/en>

#### 5.4. Recommended criteria issued by the Health Board for ending COVID-19 isolation

##### **Individuals with symptoms** (at home or in a regular ward for hospital treatment)

- At least 10 days have passed since the onset of symptoms characteristic of COVID-19 and there has been no fever for the last 72 hours (without the use of antipyretics) and the respiratory symptoms have receded

##### **Asymptomatic individuals**, who have a positive PCR test for SARS-CoV-2

- When symptoms have not occurred, the isolation is terminated after 10 days after the positive test



## 6. COVID checkpoint / testing

**COVID checkpoint** is intended for individuals related to all the events to prevent the spread of infectious diseases.

All individuals related to all the events must register before testing on the address <https://test.ireltik.ee> or use the QR code on the side.



- All participants will go through the COVID checkpoint **BEFORE** entering the competition center (including individuals with a recovery or immunization pass)
- All participants pass a secondary testing (11.02.2022) during the competition period.
- All employees, participants and volunteers must present a valid COVID recovery or immunization pass with an ID upon arrival.
- **ALL employees must have a negative Ag rapid test result that is not older than 24 hours in order to perform their duties.**
- **Isolation**
  - The COVID doctor will arrange for PCR sampling of the nasopharyngeal material
  - If necessary symptomatic treatment will be given

If possible, the person will be kept in temporary isolation until the result of the PCR test (4-6h)

If the test is positive, the person will quarantine in specially prepared rooms/building.

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Authors: Karin Kaigas, Kaarel Lehtoja, Tiit Piiskoppel, Egle Lomp

7. Appendix 1 - How to wear a mask

## HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

### Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

### Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**




### **How to wear a mask**

- Mask must properly cover mouth and nose. If the mask has a wire, then it is on the upper side of the mask. The wire must be pressed properly on the nose. Lower side of the mask is under the chin.
- If the mask has been pulled under or over the face or it has been touched repeatedly it has to be replaced.
- The maximum wearing time of the protective mask according to the certificate is 3 hours. It is then recommended to change the mask as its surface may transmit the virus.
- The mask cannot be moist. The moist mask must be replaced.
- The maximum time of wear for a mask is 3 hours. When time's up, the mask must be replaced
- Dispose of the used mask in a trash can with a lid or in a closed plastic bag. Under no circumstances should the used mask be left lying around.

Certificates for personal protective equipment (masks):

EVS-EN 149:2003+A1:2009 Respiratory protective devices. Filtering half masks protect against volatile particles. Requirements, testing, marking requirements and testing

EVS-EN 14683: 2019 Medical masks. Requirements and test methods

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## 8. Appendix 2 – How to use rubber gloves



Certificates for personal protective equipment (gloves):

EVS-EN 455-1: 2001 Disposable medical gloves. Part 1: Requirements and testing for the absence of holes

EVS-EN 455-2: 2015 Disposable medical gloves. Part 2: Requirements and testing for physical properties

EVS-EN 455-3: 2015 Disposable medical gloves. Part 3: Requirements and testing for biological evaluation

EVS-EN 455-4: 2009 Disposable medical gloves. Part 4: Requirements and testing for the determination of shelf life