# DECLARATION FOR BORDER-CROSSERS

DATE OF ARRIVAL: DATE OF COMPLETION:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I declare that I am aware of the movement restriction established by Government of the Republic Order No 282 of 19.08.2020 issued on the basis of subsection 28 (6) of the Communicable Diseases Prevention and Control Act.

A movement restriction means that a person must stay at his or her place of residence or permanent place of stay for 10 calendar days from the day of arrival in Estonia. A shorter period is applied if, immediately upon arrival in Estonia, a person tests for SARS-CoV-2 coronavirus causing COVID-19 disease at least twice (2 times) with a 7 day interval and both test results are negative. Neither the Health Board nor the Police and Border Guard Board have the power to exempt a person from a restriction on freedom of movement or to reduce its duration.

A person without any symptoms of COVID-19 (please see the website of the Health Board [*https://www.terviseamet.ee/en/symptoms*](https://www.terviseamet.ee/en/symptoms)) may leave his or her place of residence or permanent place of stay by taking all possible measures to prevent the spread of the communicable disease, only in the following circumstances:

1. The person is given an order by a health care professional or a police officer to leave their place of residence or permanent place of stay;
2. The person leaves their place of residence or permanent place of stay upon referral by a health care professional to receive health care services or in the event of an emergency that puts the person’s life or health at risk;
3. The person performs urgent and strictly necessary duties at their employer’s discretion or participates in an unavoidable family event and has taken at least one test for the coronavirus SARS-CoV-2 causing the COVID-19 disease following arrival, the results of which came back negative;
4. The person is getting everyday essentials near their place of residence or place of stay because it is otherwise impossible;
5. The person is outdoors and completely avoids contact with other people;
6. The person has signed this confirmation of compliance thereby confirming their obligation to comply with the above requirements.

*The Government of the Republic Order No 282 of 19.08.2020 lays down exceptions to the restriction on freedom of movement and specifications for shortening the restriction on freedom of movement for certain categories of persons by means of testing.*

*Government of the Republic Order No 282 of 19.08.2020 is available at* [*https://www.riigiteataja.ee/en/eli/ee/516102020002/consolide/current*](https://www.riigiteataja.ee/en/eli/ee/516102020002/consolide/current)*.*

PLEASE COMPLETE THE FORM IN BLOCK CAPITALS.

**Given name and surname:** ................................................................................................................................................

**Personal identity code or date of birth:** .............................................................................................................................

**Place of residence or permanent place of stay in Estonia:** ...............................................................................................

**Telephone:** .................................................. **Email address:** ..........................................................................................

COUNTRY FROM WHICH YOU ARRIVED: ...............................................................................................................

COUNTRIES YOU TRAVELLED THROUGH DURING YOUR TRIP:.....................................................................

*Details of children under the age of 18 and adults with restricted active legal capacity travelling with you (name, personal identification number, phone number):*

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*Adults shall provide their details on a separate confirmation sheet.*

**I am aware that if I fail to comply with the obligation to restrict movement, the Health Board may impose a penalty payment of up to EUR 9600 under Section 28 of the Law Enforcement Act. The Health Board may involve the Police and Border Guard Board in supervision in accordance with the requirements and procedures for professional assistance laid down in the Administrative Co-operation Act.**

*(signature)*

**Additional information**

On leaving the place of residence or stay, you must:

Take measures to ensure safety from infection,

Follow hygiene requirements, and

Maintain a safe distance from others (not less than 2 metres).

If for some reason keeping a distance is not possible, it is recommended to wear a protective mask (see the website of the Health Board [*https://www.terviseamet.ee/en/how-avoid-contracting-coronavirus*](https://www.terviseamet.ee/en/how-avoid-contracting-coronavirus)).

If you show any symptoms of COVID-19, you must:

1. contact your general practitioner and ask for further guidance on further treatment;
2. outside the general practitioner's office hours, call the family doctor's advice line at 1220 or +372 634 6630, also if you are a foreign national;
3. In case of difficulty breathing or shortness of breath, call the Emergency Response Centre at 112 (international phone number +372 6000112) and/or call an ambulance.

You must remain in **complete self-isolation** until you get the results of the SARS-CoV-2 tests for the coronavirus that causes COVID-19. A second test must be performed no earlier than 7 days after the results of the first test. A negative test result will be notified by a text message, and in the event of a positive test result, you will receive a call. The result is visible to the citizens of the Republic of Estonia in the health information system [www.digilugu.ee](http://www.digilugu.ee).

**In the case of an initial negative result, you may do the shopping and go to work upon agreement with the employer, however, you must avoid unnecessary contacts;** In the case of a second negative result, you can return to normal life.

**Testing is free of charge for citizens of the Republic of Estonia and individuals holding an Estonian residence permit.**

**Foreign nationals are charged for testing.**

**The first test can be taken on the basis of a doctor's referral, which is issued on the spot at the place of arrival:**

In the pedestrian area of terminals A and D of the Port of Tallinn on a first-come, first-served basis.

At a temporary testing point at Tallinn Airport on a first-come, first-served basis.

Anyone arriving by land can make an appointment for initial testing by calling the public testing centre at 678 0000 (Mon–Fri 9–17).

It takes about 5 minutes to complete the referral note and give a sample. Foreign nationals can pay on the spot by card.

The testing points are open during the arrival of vessels and airplanes and are closed between arrivals.

***NB! You must take a PCR test (****with RNA determination).*

**If the first test result was negative and 7 days have elapsed since:**

1. Citizens of the Republic of Estonia and individuals holding an Estonian residence permit will be called and offered a second appointment to provide a sample at a public testing point across Estonia.
2. **Foreign nationals** have to find a suitable testing site and service provider (such as SYNLAB Estonia, Medicum, Qvalitas Medical Centre, Confido Private Medical Clinic, etc.).

You can book an appointment at [www.koroonatestimine.ee/en](http://www.koroonatestimine.ee/en) or by calling

* 1. SYNLAB Estonia customer support at 17123 (Mon–Fri 8.00–18.00);
  2. Medicum (Tallinn) at 6050681 (Mon–Fri 9.00–17.00);
  3. Qvalitas Medical Centre at 6051500 (Mon–Thurs 8.00–18.00, Fri 8.00–17.00);
  4. Confido (Tallinn) at 1330.

For further information on testing see [*https://www.terviseamet.ee/en/news/testing-airport-and-port-be-made-available-people-returning-estonia-coronavirus-risk-countries*](https://www.terviseamet.ee/en/news/testing-airport-and-port-be-made-available-people-returning-estonia-coronavirus-risk-countries). For information on risk countries and quarantine requirements see the website of the Ministry of Foreign Affairs: [*https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers*](https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers).

**For information on movement restrictions (including upon arrival and departure) call the national helpline at 1247.**