

# Stay healthy!



## What should we know about masks?

- Wearing a mask is not mandatory in Estonia, but in certain situations it is **recommended to protect your own health and the health of others**.
- **Wearing a mask does not guarantee** that the virus does not spread from one person to another, but it reduces the likelihood of spreading. This is especially true when the mask is worn by a person who has been infected with the virus and who is not yet showing any symptoms.
- **Covering mouth and nose in populated indoor areas always reduces the risk of the virus.**
- One person's freedom not to wear a mask does not reduce the freedom of another person to wear a mask and vice versa. **We need to be respectful towards anyone who is prepared to wear a mask to protect themselves and the others.**
- Wearing a mask is an additional protection. The main thing we can do to prevent the spread of the virus is to **stay at home when sick, follow the hygiene rules and avoid close contact with unknown people.**



### Wearing a mask is highly recommended

- When meeting persons at social events (both indoors and outdoors) who are **over 65 years old and/or have chronic diseases** (e.g. weak lungs, asthma, diabetes, liver disease, kidney disease, heart disease) or have otherwise weak health.



### Wearing a mask is recommended when

- **When spending time outside in busy public places** (including shops, pharmacies, health care institutions, public transport stations and terminals).
- **When using public transport** (including trains, buses, trams, trolleys).
- **When meeting unknown people** indoors at crowded public events.
- **When visiting family members or friends in hospitals or care homes.** *Since viruses are very dangerous for people in a weakened state, the hospital or nursing home may be made compulsory to wear a mask with an appropriate level of protection. In this case they also ensure the presence of mask on the spot.*
- **When you are older than 65 years of age and/or suffer from chronic diseases.** In this case, it would be preferred to stay within a company of family and friends and avoid indoor and outdoor gatherings with other unfamiliar elderly people, or people with chronic diseases.



### Wearing a mask is usually not necessary

- **When spending time outdoors, at home or in usual daily situations** where we meet with people who we see often.
- **Children under the age of 10.**

See all Government's requirements and recommendations for fighting coronavirus in Estonia on the webpage [kriis.ee/en](https://kriis.ee/en)