	qua	ration rantir	ie -		ration		quar	ation antine	for	
	contacts		isolation - cases		travellers			Terms used		
Country	7	10	14	7	10	14	7	10	14	Symp Cases
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	1									
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## Isolation / Quarantine targets

by national authorities: I: Isolation / Q: Quarantine / X: other terms used (stay at home, movement re

Asymp Cases	Suspected cases	Close contacts	Contacts
		Q	
X	Х	Q	Q
I			
I		Q	
I		Х	Х
I		Q	Q
I		1	l
I	l	Q	Q
I		Q	Q
		Q	
		Q	Q
Q			
I	l	X	Х
I		Q	Q
I		Q	
I		Q	Q
Q			
I	l	Q	Q
			I
	1	Q	Q
		Q	Q
I		X	
l			
l		Q	Q
l		Q	Q
l		Q	
l		Q	Q
I		Q	Q
I		Q	Q

estriction, etc.) / N: no measures

striction, etc.// N. no measures
Returning travellers
Q
Q
Q
Q
Q
Q
Q
Q
Q
Q
Q
N
Q
Q
Q
Q
Q
N
Q
Q
Q N
N
Q
Q
Q
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N
Q
Q
Q
Q
Q

	Isolation details - where Isolation concerns confirmed
	cases
	Cases should isolate for 10 days form the onset of
	symptoms.
	J
	Symptomatic people should stau at home until result
	of test
	Isolation has been shortened from 14 to 10 days in
	case asymptomatic or mild/medium symptoms.
	 Isolation can be longer if clinical picture is severe
	Positive cases
I	
	all symptomatic should isolation until 48 hours after
	all symptomatic should isolation until 48 hours after
	all symptomatic should isolation until 48 hours after end of symptoms
	all symptomatic should isolation until 48 hours after
	all symptomatic should isolation until 48 hours after end of symptoms
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	all symptomatic should isolation until 48 hours after end of symptoms

7 days Isolated for 10 days after onset of symptoms, and at least 2 days after resolution of symptoms
Self isolate if they have symptoms of coronavirus they are waiting for a test appointment and test results they have had a positive test result for coronavirus they have any cold or flu-like symptoms, such as a fever (high temperature - 38 degrees Celsius or above), a cough - this can be any kind of cough, not just dry, loss or change to your sense of smell or taste. People can stop self-isolating if they have no fever for 5 days and it has been 10 days since they first developed symptoms.

Symptomatic for 14 days from the onset of symptoms and without any symptoms for at least 3 days Symptomatic cases from high-risk professions – 21 days and without symptoms for at least 3 days OR 2 consecutive negative tests. Asymptomatic cases are isolated for 7 days, cases from high-risk professions – 14 day.
from the day of the confirmed diagnosis (in the majority of cases, symptoms will have appeared within that period), in order to limit transmission of the virus to people living under the same roof and the community as a whole.  Persons have to get tested from the sixth day on for COVID-19 in a laboratory. If the sixth day is on a weekend (Sa/Su), they get tested on the next working day. For an additional seven days, they must continue to measure their temperature twice a day and make sure there are no breathing problems or coughing.  During auto-monitoring, normal activities can be continued.
Currently people who show COVID-19 related symptoms are required to self-isolate. The patient stays in self-isolation until he/she has had no symptoms for at least 24 hours.

- isolation - at home or hospital depending of the doctor recommendation, in correlation with medical condition and acceptance of the measure by the patient.
Only people with a positive PCR test results are required to quarantine together with the people in their household and close contacts of the past 10 days
Confirmed COVID-19 cases are to be isolated since
suspiction. Isolation in mild cases lasts 14 days or 10 days if at least the last three the case was asymptomatic. Severe hospitalasied cases are to be isolated 14 days, to be adapted according to the criteria of the treating doctor.
stay at home for at least seven days after falling ill. You should be free from fever for two days and clearly feel well before returning to work or school. A dry cough and loss of smell and taste may remain but if you feel well otherwise and seven days have passed since you fell ill you can return to work, school or preschool.
If you have been tested without symptoms and received a positive test result, you must stay home for at least seven days after the sampling. Should you develop symptoms after the sampling, you may count from the day when symptoms appear and follow the recommendations above.
The same applies if you have been ill, but not with COVID-19: stay at home for as long as you are ill. You should clearly feel better and be free from fever for two days before returning to work or school.

Isoaltion for 10 days is symp or asymp
People with a confirmed infection of SARS CoV-2 must
stay in isolation in their own home or other suitable
place of residence.
[
Isolation of all positive cases
isolation of all positive cases

Quarantine details - where quarantine concerns suspected cases, contacts

Close contacts should quarantine for 10 days after the last exposure Travellers should self-quarantine

Quarantine has been reduced to 7 days, with a test at day 7. It is a political decision based on scientific advice.

Contacts should stay at home until test results

Travellers from Red zones in the EU or 3rd country should quarantine for 7 days

In travellers from 'red zones' (with a cumulative 14-days incidence rate of more than 100/100.000), have to self-isolate and perform a test after arrival. Soon, will introduce a self-assessment tool that will be used to identify high-risk travellers (linked to their behaviour).

returning travellers from countries with a required PCR test and who do not present such a test should quarantine for 14 days

## Close contact should quarantine

Quarantine possibly reducing, under discussion. We could increase compliance by shortening it. We have difficult situation now – people resisting and not understanding purpose of quarantine.

Third-country nationals who do not present a negative PCR result of a nasal and throat swab for SARS-Cov-2 at the border crossing point, which is not older than 48 hours, are subject to a 14 day quarantine. Countries are divided in 3 categories, based on epidemiological criteria and data: Category A, Category B, and all other countries that do not belong to Category A or B (classified as Category C).

The categorisation of countries is available at

https:/ /country-categories and is updated on a weekly basis, according to the evolution of the epidemiological situation

Contacts should quarantine for 10 days

Travellers should self-quarantine

sen isolate until test results ready

Self-quarantine for 14 days is recommended for all travellers coming from countries with a COVID-19-incidence of more than 30/100.000 over the last 14 days

People are allowed to enter Estonia and do not have to remain in quarantine if they have no symptoms of the disease and they are arriving from agreed countries that have infection rate per 100 000 less than 16.

areas are required to show evidence of negative PCR test on arrival.

Upon arrival, passengers from high-incidence areas have to stay in mandatory quarantine for 14 days. If travellers are tested upon arrival and 3 days after arrival, the mandatory quarantine can be released after receiving a test negative result

7 days need to check. Differnet situation according whether you are a close contact/symptomatic. Will send scientific advice. Comment: all different periods, even scientists never agree with each other. Always difficult to find same recommendation. Also, in , we see that people don't comply with 14 days. Balanced decision – do we loose everybody? People cannot stay home, especially if they are not sick. Or we reduce duration quarantine, maybe compliance will be higher. Even though some can still transmit after 7 days. Recommend people wear face masks.
Contacts category I - 14 day quarantine
People are asked to restrict their movements if they are being tested as a close contact of a confirmed case of coronavirus and don't have any symptoms or if they live with someone who has symptoms of coronavirus but feel well. If you are a close contact of a confirmed case, you are to restrict your movements for 10 days even if your test comes back negative. People arriving into from another location that is not on the COVID-19 Green List are required to restrict their movements for 14 days by: Not using public transport. If you have no option but to use public transport, it is mandatory to wear a face covering Not going to work Not having visitors to your home, or visit others in their home Not have face-to-face meetings with older people, anyone with a long-term medical condition or pregnant women
Travellers who stayed in or transited through in the 14 days prior to their arrival in are subject to 14-day health surveillance and fiduciary isolation. This measure does not apply to staff and crews of transport means.
If you are coming from any other Member State of the European Union, States Parties to the Agreement, the , , , , and you have not visited countries other than these in the 14 days prior to arrival in , you can enter without being subject to a quarantine requirement.  Travellers coming from countries other than those listed above are subject to 14-day fiduciary isolation and self-certification of the reasons of absolute urgency, work or health for which they must enter

High-risk contacts are asked to self-quarantine for 14 days following their last exposure  Quarantine for 10 days depending of country of origin  In , tests for incoming travellers are not requested and are not considered as exemption for self-quarantine
allowed to enter without restrictions, provided that the incidence rate of COVID-19 in their country of origin has not exceeded 25 cases per 100,000 inhabitants in the last 14 days.  Foreigners arriving from countries where the COVID-19 incidence rate exceeds 25 cases per 100,000 inhabitants will have to provide a negative result to a coronavirus test performed within 72 hours prior to their arrival and they will be required to self-isolate for 14 days. This period will be reduced to 10 days, if a test taken no earlier than the eighth day of isolation, provides a negative result.  The official list of affected countries is available at the
Q1.1.10) defined by a number of epidemiological criteria require mandatory quarantine x14 days. Persons arriving from countries on amber list, who have not presented a negative PCR test result on arrival and have refused testing or tested positive on arrival, may also be required to quarantine for 14 days raming members or someone who shows symptoms need to sen-isolate as well in case the symptoms are combined with fever and/or shortness of breath.
Quarantine for 10 days arriving in from certain regions and countries
Persons crossing the internal EU borders of the Republic of do not have to undergo a mandatory 14-day quarantine. The obligation to undergo a 14-day quarantine is instead imposed on persons crossing the borders of the Republic of that are also the external borders of the EU, when travelling to their place of residence or stay.

14 self quarantine is imposed on all travellers who are not coming from
a country classified as green
According to the provision of Law 150/2020 for every person that it is
coming from high risk countries ( countries list updated weekly) or are
contacts of confirmated COVID 19 cases is recommended one of the
following measures :
- quarantine - in dedicated spaces or at personal home (or other
declared location)
Unity people with a positive PCK test results are required to quarantine
together with the people in their household and close contacts of the
past 10 days
Mandatory quarantine depending on coutnry of origin
A 14 day quarantine depending on coutiny of origin
from countries with an unstable epidemiological situation (red list),
irrespective of their citizenship or residence.
intespective of their citizensing of residence.
The red list includes countries which registered more than 40 cases per
- · · · · · · · · · · · · · · · · · · ·
100,000 inhabitants over two weeks.
No quarantine is required for travellers who enter and have a
permanent or temporary residence in a country which is on the list of
epidemiologically safe countries (green list) and are coming from those
countries.
Close contacts of confirmed cases should stay in quarantine for 10 days. It is recommended a PCR or antigenic test at day 10 after last contact. PCR or antigenic test when contacts are identified is an option for early identification of infected contacts and further contact identification chains if the epidemiological situation allows for it.

Quarantine of 14 days for households members starting from the first day of Symp of the case A two week quarantine will be imposed on new arrivals to the from non-exempted countries, with a £1,000 fixed penalty notice in or potential prosecution for breaching this measure. Travellers from high-risk areas can choose to be tested for COVID-19 or to guarantine for two weeks. Children born in 2005 or later are exempted from both testing and quarantine as well as passengers arriving outside defined areas with high risk of infection. citizens and residents of who choose to be tested upon arrival, will have to take special precautions during the first five days after until they can be tested for the second time. These precautions are specified at href="https://www.government /news/article/2020/07/10/ and-residents- -to-take-special-precautions-on-arrival-in-">Special precautions on arrival in citizens and who choose to be tested, must also undergo a residents in second PCR-test four to five days after arrival. Those who test negative are no longer required to take special precautions, while those who test positive must self-isolate. Before departure, passengers are also required to fill out a href="www.covid. /english">pre-registration form and they are encouraged to install the tracing app RAKNING C-19. For more details, please visit: href="https://www.covid. /categories/tourists-travelling-to-">Tourists travelling to href="https://www. --Defined-areas-with-risk-of-infection-(27-02-2020)">Defined areas with risk of infection Persons who enter and who have stayed in a country or territory with increased covid-infection risks in the past 14 days prior to entry into , are obliged to immediately travel directly to their home or another suitable accommodation. They must stay there permanently for 10 days. From 12 August, a requirement for quarantine has been reintroduced for all close contacts to a confirmed infected person, in addition to household members and those who have cared for the infectected without PPE. Persons who had close contact with a confirmed case of covid-19 infection 48 hours or less before the first symptoms, must remain in quarantine for ten days after the contact took place, regaredless of any negativ test for covid-19. Quarantine for 10 days of all close contacts (contact within 2 days of

onset of symptoms, <1.5 meters, more than 15 minutes)