DEAR STUDENTS AND CAMPUS TENANTS,

If you have tested positive for the coronavirus, please inform the customer service of the campus about this by sending an e-mail to info@campus.ee or by telephone on +372 742 4400. This will allow us to guide and assist you personally.

You must follow these guidelines if you’ve tested positive for the coronavirus:

- If the infected tenant lives alone in a separated zone (flat, room), they will remain in quarantine in their rented space.
- If the tenants of a separated zone test positive for the coronavirus (or one of them has tested positive, but the others display the symptoms of a viral infection – sore throat, cough, fever, etc.), then all the infected tenants and tenants with symptoms of a viral infection will remain in quarantine in the same zone for fourteen days (two weeks).
- If the tenant of a flat or room tests positive for the coronavirus and their flatmates display no symptoms of the virus, the flatmates will move to the vacant rooms provided by the campus and the infected tenant will remain in quarantine in their rented space. The flatmates who have moved into vacant rooms (into one flat if possible) must also remain in quarantine in their new rented space for 14 days.
- A tenant infected with the coronavirus and the flatmates who have been in contact with them must remain in isolation and avoid physical contact with other people.

RECOMMENDATIONS OF THE HEALTH BOARD. PATIENT’S GUIDE FOR TREATING COVID-19 AT HOME:

If you’re waiting for the results of your corona test or have tested positive, treat yourself safely at home – do not leave your house or flat. The majority of people who become infected only experience light symptoms.

1. Why is isolation necessary?
Isolating yourself at home is a precaution necessary for preventing infectious diseases from spreading. The disease primarily poses a threat to the elderly and people suffering from serious diseases in whose case light symptoms may develop into pneumonia. If you stay at home and don’t have contact with other people, you cannot catch the virus from other people or infect them yourself – this way, you reduce the risk of infecting others and contribute to stopping the coronavirus from spreading.

2. How can I treat myself?
If you’ve been diagnosed with the infection or have been in contact with an infected person, the most important thing to do is keep calm, and observe the changes in your body and their progression. Rest as much as you can! Symptomatic treatment is used to treat the coronavirus disease, i.e. attempts are made to alleviate the symptoms of the virus infection. You can alleviate your cough and fever with non-prescription medicines available at pharmacies. Use paracetamol for reducing fever. If necessary, consult your family doctor or call the family doctor’s helpline on 1220. Once your symptoms have disappeared and you’re feeling well again, the family doctor will allow you to end your sick leave. Follow the rule that you’ll definitely be healthy for others (i.e. not spreading the virus further) after 14 days – that’s why you should treat yourself without leaving home!

3. What can I do to avoid infecting others?
Stay at home until you’ve fully recovered. Avoid going outside. If you really need to go somewhere, keep your distance from other people. Make sure that you cover your nose and mouth when sneezing or coughing. Use a tissue if possible or, if you don’t have one, your sleeve or the inside of your jacket/cardigan. Regularly clean the surfaces with which you come in direct contact at home and which others may come in contact with (such as door handles, switches, handrails, computer mouse, keyboard, mobile phone). Don’t forget to regularly wash your hands with soap. Your hands are polluted with the virus when you’re ill, so you’ll transfer the virus to various surfaces with your hands. Soap as a detergent makes the virus non-infectious.

It would be good if you could find someone to help you – a family member, friend, volunteer or neighbour. Only one person who does not belong in a risk group should look after the ill person. People aged 60 and over (incl. those living in nursing homes) and people with serious associated states of health belong to the risk group. It’s important for the carer to protect themselves by following strict requirements – hand washing, mask, communication from a distance (at least 2 metres). The carer can bring you food, medicines, hygiene products and everything else you need during the 14 days. They can leave these things behind your door and communicate with you by telephone.

4. How can I get food and other necessities to my home?
A person who is ill should not go to shops or pharmacies. Your friends, acquaintances and neighbours play a big role here, as they can leave or the inside of your jacket/cardigan. Regularly clean the surfaces with which you come in direct contact at home and which others may come in contact with (such as door handles, switches, handrails, computer mouse, keyboard, mobile phone). Don’t forget to regularly wash your hands with soap. Your hands are polluted with the virus when you’re ill, so you’ll transfer the virus to various surfaces with your hands. Soap as a detergent makes the virus non-infectious.

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5. What should I do if my health has deteriorated?
Call your family doctor or the family doctor’s helpline on 1220, explain the situation and follow the instructions given. If your condition is very serious, call an ambulance and it will take you to a hospital.

6. When can I end my isolation?
Ask your family doctor when you can end your isolation at home. Isolation generally ends 14 days after the first symptoms are displayed. Also, the person must have had no fever for at least two days and no respiratory symptoms (primarily cough and sore throat) for at least a day.

7. One more thing...
It’s enough if you check coronavirus news once or twice a day. The progress of your illness or quarantine does not depend on what’s happening with the coronavirus in the world. Instead, the newsfeed of different media channels may make you feel unnecessarily anxious and even panic. Find yourself a trustworthy official channel. We recommend following the channels of ERR, as the information they broadcast is balanced. Please remember – the spread of COVID-19 is the widest on the Internet, especially on social media!