COVID-19 instructions for providers of beauty and personal services

- COVID-19 is an infectious viral disease which spreads from person to person by means of the projection of aerosols, mainly though coming into close contacts with infectious persons.*
- If the conditions are favourable, the virus can survive on contaminated surfaces for up to three days, but it can be destroyed through cleaning and disinfection.
- The risk of the spread of COVID-19 is at its highest in enclosed, crowded, and poorly ventilated rooms.
- The aim of these instructions is to provide guidelines to providers of beauty and personal services for the safe provision of their services under the circumstances of the spread of COVID-19.
- **The work of the establishment should be organised by using as a basis valid orders which have been issued by the government of the republic of Estonia: Measures and restrictions which are required to prevent the spread of COVID-19.**

The cleanliness of the premises and proper ventilation

- It must be ensured that air which is mechanically supplied and removed in the form of a ventilation system is supplied through a system which is fully functional and which has been switched on.
- The premises must be regularly cleaned and disinfected by using the usual methods and cleaning materials.
- Reusable tools which are accompanied by a risk of cross-contamination must be cleaned after serving every customer.
- All surfaces in the premises must be easy to clean and disinfect.
- Frequently touched objects and surfaces (such as surfaces in toilets, door handles, electronic information boards, payment terminals, etc) must be cleaned every two to four hours.
- Any textile objects which are used by customers must be washed in a washing machine at a temperature of at least 60°C by using a regular washing cycle.
- Surfaces must be covered with materials which are easy to clean.
- Any waste which may have come into contact with the virus (including personal protective equipment) must be collected in plastic bags which can be sealed at the top and disposed of as mixed domestic waste. Further information about waste disposal can be found here: [https://envir.ee/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida](https://envir.ee/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida).
- The advice of the Health Board in terms of cleaning and disinfection should be followed.

Coronavirus SARS-CoV-2 is a biological hazard

- As of 24 November 2002, coronavirus SARS-CoV-2 is deemed to be a biological hazard which is included in hazard group 3. The hazards in this group may cause severe illness in humans and are a serious threat to the health of employees.
- **In the case of there being any work which includes coming into contact with biological hazards, the employer must, during the course of conducting their working environment risk analysis carry out the following tasks:**
  - determine the type, extent, and duration of the risk of infection for the employee and assess the resulting risk to the employee’s health;
  - **consider where and how the employee may come into contact with the virus and map out all potential infection sites: office and production premises, non-work rooms, auditoriums, cloakrooms, etc.**
Based on the risk analysis, the required precautions must be taken. The precautions are introduced on the Labour Inspectorate’s ‘Tööelu’ website.

**Customers**

- All patrons must wear a mask when in public indoor premises (except children under the age of twelve and those individuals who cannot wear a mask due to health considerations and who can present a relevant certificate). Please see on the Health Board’s website for advice on how to wear a mask properly.
- Sanitising products must be made available and sanitising requirements must be observed pursuant to the Health Board’s instructions in the indoor service areas and publicly-used premises of commercial undertakings, as well as other service areas from which services are being provided.
- Appropriate conditions must be created in the indoor service areas and publicly-used premises of businesses, as well as other service areas from which services are being provided, which enable customers to observe social distancing requirements within the premises. This requirement does not apply to families or in any situation in which the requirement cannot be reasonably observed. In order to facilitate this, appropriate signage should be posted.
- Customers with any symptoms which indicate the presence of an infectious disease must not be served.
- Customers must be notified via the business website when making their bookings, and upon reminding them of their bookings, that they should forego using the company’s services if any of the following circumstances become true:
  - they are required to self-isolate due to having been infected with COVID-19 or having come into close contact with an individual who has been diagnosed with COVID-19;
  - they exhibit any of the symptoms of an acute infectious respiratory disease (including mild rhinitis, a sore throat, an itchy throat, a cough, etc);
  - there are restrictions in place regarding their freedom of movement which are applicable to them because they have returned from a country with a high COVID-19 infection rate. Information on countries which are subject to requirements which impose on freedom of movement.
- If any of the above applies to an employee, that employee may not provide services to customers.
- Customers should be encouraged to use the HOIA mobile phone app. The app notifies individuals who have come into close contact (lasting at least fifteen minutes within a distance of two metres) with a person who has tested positive for coronavirus.
- Customers must be able to wash their hands or, if this is not possible, to sanitise their hands.
- The means for sanitising one’s hands must be installed in visible places by the main routes being used by customers, including next to entries and exits.
- Hand-washing and sanitising stations must be equipped with the relevant instructions.
- Toilets must be equipped with a sufficient amount of soap and disposable towels for drying hands. From the point of view of infection safety, it is preferable to dry your hands by using a disposable paper towel rather than a hand dryer.
- In the case of product presentations being organised (such as food or cosmetic products which are accompanied by a high risk of cross-contamination, such as lipsticks or mascara), where possible facilities must be provided to those persons who are tasked with presenting the products and to customers so that all parties are able to sanitise their hands.

**Employees**

- The employer must make sure that all employees are aware of the main measures which can be implemented in order to prevent the passing on of respiratory diseases.
• It must be stressed to employees that they are not permitted to come into work or to remain at work in the case of there being even the smallest suspicion of their having been infected. A procedure must be established in order to make sure that no employee who has fallen ill remains on the business premises.
• Close contact between employees and customers must be minimised.* If this is not possible, provide employees with personal protective equipment such as visors and masks.
• Employees should be advised to use the HOIA app. The app notifies individuals who have come into close contact (lasting at least fifteen minutes within a distance of two metres) with a person who has tested positive for coronavirus.
• Employees must be able to wash their hands regularly. The instructions which have been provided for washing hands must be followed.
• If it is not possible to wash one’s hands, then hands must be sanitised with a hand antiseptic by following the relevant instructions. Visibly dirty hands must always be washed.
• Collective means of protection and personal protective equipment must be issued to employees based on the results of the risk analysis for the working environment, and training must be organised to show the proper and safe use of such equipment. Instructions can be found on the Health Board’s website.
• Any waste which may have been contaminated with the virus (such as tissues, masks, etc) should be disposed of pursuant to the following instructions: https://envir.ee/uudised/koroonajaatmed-tuleb-teitest-eemal-hoida.
• Work clothing must be washed regularly using a procedure which is followed by all business employees. The clothing of any employee who has fallen ill must be washed immediately.
• Clothing or other tools and equipment which are used at work should not be taken home if possible.

If an employee falls ill with a respiratory disease (and exhibits a fever, a cough, a lack of energy, or other symptoms)

• Any employee who falls ill outside of the working hours must stay at home.
• Any employee who falls ill at work must immediately leave.
• The employee must contact their family physician who will determine whether or not that person should be diagnosed with COVID-19, plus their need to be tested, and the need for a certificate to be signed which will show their incapacity for work.
• From the perspective of slowing down the spread of COVID-19, it is important that any employee who has fallen ill notifies their employer of their COVID-19 diagnosis having been confirmed. The employer must be notified in a manner which has been agreed between the employee and the employer.
• If a diagnosis of COVID-19 is confirmed, the employer must identify all persons who have come into close contact with the employee who has fallen ill at their place of work, and within the immediate period after the employee had become symptomatic or up two days before they became symptomatic.* In the case of an asymptomatic employee, anyone who has come into close contact with the employee within the two days before the employee tested positive are deemed to be close contacts of that employee.* Further information about determining precisely who is a close contact can be found on the Health Board’s website.
• Having been notified of an employee’s COVID-19 diagnosis, the employer must cooperate with the Health Board’s regional department to identify the employee’s work-related close contacts, and to provide them with instructions for the further organisation of their work.*
• Please enter the details of any work-related close contacts in the relevant table (the table is available here).
• Following your conversation with the Health Board, please send the table to the Health Board’s relevant regional department (you will receive the required contact details), and in an encrypted format.
• Close contacts must self-isolate for seven days, while monitoring their health condition carefully. The duration of a close contact’s self-isolation period can be calculated with the help of the Estonian Family Physicians Association’s isolation calculator.
• The requirement to self-isolate in one’s own home or permanent residence for seven calendar days and take the coronavirus SARS-CoV2 test is not applied under the following circumstances:
  a) the individual has had COVID-19 within the past 180 days;
  b) the individual is fully vaccinated against COVID-19, has obtained full protection after the last vaccine dose, and has received their last vaccine dose within the past year;
  c) the individual has had COVID-19, has received one vaccine dose, has obtained full protection after the last vaccine dose, and has received the last vaccine dose within the past year, or the individual has been infected with COVID-19 after their first vaccine dose, has recovered from COVID-19, and has taken the SARS-CoV-2 test which has confirmed their diagnosis, or they have had their diagnosis confirmed in another manner within the past year.
• Any premises which may have been contaminated with the virus must be closed to third parties and should be thoroughly cleaned, disinfected, and ventilated before reopening.
• The advice of the Health Board in terms of cleaning and disinfection should be followed.
• If the COVID-19 diagnosis is not confirmed for an employee who has fallen ill, all other employees may continue to carry out their duties, but must monitor their health over the following seven days.

HANDS MUST BE WASHED:
• before commencing work
• before handling heat-treated or ready-made food
• after handling or preparing food which was not heat-treated
• after handling waste
• after cleaning;
• after using the toilet
• after blowing your nose, sneezing, or coughing
• after eating, drinking, or smoking
• after handling cash.

*CLOSE CONTACT IS CLASSED AS BEING:
• direct physical contact with an individual who has been infected with COVID-19 (such as shaking hands)
• direct contact without any protection with secretions from the respiratory tract of a person who has been infected with COVID19 (such as being coughed on)
• being within a distance of up to two metres of a person who has been infected with COVID-19 for at least fifteen minutes.

Guidelines and advice are available at:
The Health Board’s COVID-19-related publications and instructions
The Labour Inspectorate’s advice to the employer and employee

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