



## The Health Board's instructions for employers regarding the accommodation of seasonal workers and in organising SARS-CoV-2 testing

- 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 contact with infectious persons.\*
- If 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 advice in terms of supplying proper accommodation and organising SARS-CoV-2 testing for seasonal workers.

### General terms and conditions

- The building must be compliant with the latest requirements which are applicable to buildings of this type.
- The premises, sanitary installations, and equipment which is provided to seasonal workers must be functional, clean, and safe for the user if such equipment is being used for its intended purpose.
- The premises must be supplied with electricity and safe drinking water which meets current applicable standards.
- The hot water supply system must be able to heat the water to a temperature of up to 65°C. On a daily basis, the hot water temperature must at least be kept within the range of 50-55°C.
- Proper waste removal and wastewater treatment must be ensured.

### The cleanliness of the premises and proper ventilation

- The rooms, bathrooms, and toilet should advisably be ventilated by natural or mechanical means of ventilation.
- Any waste which may have been contaminated with the virus (eg. tissues, masks, etc) should be disposed of pursuant to the following instructions: [www.envir.ee/et/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida](http://www.envir.ee/et/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida).
- General lighting should ensure uniform, diffused lighting in public areas, in the dwellings themselves, and in bathrooms and toilets.
- There should be an optimum air temperature in the dwellings (of at least 18°C).
- The employer or individual who has invited seasonal workers must, prior to the arrival of any such workers, ensure that during their stay and following their departure the accommodation premises have been properly cleaned.
- All rooms and surfaces must be cleaned pursuant to [the Health Board's advice in terms of cleaning and disinfection](#).

### Requirements for the accommodation



- The place of accommodation for seasonal workers should, advisably, be equipped with laundry facilities. The personal laundry of an individual who is suspected of having contracted the virus must be machine-washed at a temperature of at least 60°C.
- The minimum permitted surface area for the accommodation premises is 4m<sup>2</sup> for each bed or bunkbed.
- There must be a gap of at least two metres between beds. If it is not possible to ensure the required two-metre gaps between beds then gaps of at least one metre must be left between them and the beds must be separated by using partition walls and screens.
- If possible there should be at least one bathroom for every twelve beds within any accommodation for seasonal workers. The number of people who use the bathroom at any one time should be restricted so that bathroom users can maintain their social distancing, which could be achievable in several ways such as, for example, by drawing up a schedule for using the bathroom.
- If possible there should be at least one men's toilet and one women's toilet for every twelve beds within any accommodation for seasonal workers.
- If there is enough room within the place of accommodation, it would be advisable to accommodate together in one room those people who have arrived together and who will work on the same shift.

### The employer

- The employer must notify all employees of the requirements which have been established and advice which has been issued by the state in connection with the spread of COVID-19 ([www.kriis.ee](http://www.kriis.ee); <https://www.terviseamet.ee/et/uuskoroonaviirus>).
- The employer should think in advance about the conditions and circumstances which may be required in terms of the potential temporary isolation of an employee who exhibits the symptoms of an infectious disease.
- If a seasonal worker falls ill, the employer must observe the instructions entitled '[Advice for suspected and confirmed COVID-19 cases](#)'.

### Testing seasonal workers for SARS-CoV-2

- Anyone who is arriving in Estonia from a third country for the purposes of working on the basis of the Aliens Act or who is studying at an educational institution which is registered in Estonia, and where that third country has experienced a cumulative number of positive coronavirus SARS-CoV-2 test results for each 100,000 people over the past fourteen days that is higher than **sixteen** must remain in their permanent residence or place of abode for ten calendar days following their arrival in Estonia. Updated information about the infection rates in different countries can be found [HERE](#).
- The duration of the compulsory ten-day restriction period on anyone's freedom of movement can be reduced. For this purpose, two coronavirus PCR tests must be taken at least six days apart. In the case of seasonal workers, both of those tests must be taken in Estonia: the first immediately after arrival and the second at least six days after taking the first test. If the result of the second test is negative then any restrictions on their freedom of movement will no longer apply to that specific individual. The individual must self-isolate until they have received their test result.
- An exception to the above points, the ten-day requirement to remain within one's permanent residence or place of abode and the stated testing requirements will not be applicable to those individuals who have had COVID-19 within the past six months and have been declared by a physician as having recovered, or who have been vaccinated against COVID-19 within the past year, or who have had COVID-19 after which they have received one dose of the vaccine and have then achieved full immunity within the past year, or who have been infected with COVID-19 after having received their first vaccine dose and have been declared healthy by a physician within the past year.



Those individuals must still observe restrictions which are applicable in Estonia and should comply with all measures which have been taken to prevent the spread of the disease.

- Foreign nationals can have their samples collected as follows, depending upon their method of arrival:
  - By ship: in the pedestrian area of terminals A and D in the Port of Tallinn. Only card payments are accepted.
  - By plane: at a temporary test site at Tallinn Airport with the help of the Confido medical personnel. Only card payments are accepted.
  - Indoors on the border zone at the border crossing point in Narva, at a temporary Confido test site. Only card payments are accepted.
  - By train, by ship arriving at Paldiski, or by some other method of road transport than those mentioned above: based on a pre-booking at a provider of healthcare services which is providing paid coronavirus testing services. The details of those service providers can be found [HERE](#). The prices for the tests range from € 58-75, depending upon the service provider.
- Testing is available free of charge for anyone who has an Estonian personal identification code. Further information about testing can be found at: [koroonaestimine.ee](http://koroonaestimine.ee).
- In order to take a repeat test, a test time must be booked with a company which is offering paid coronavirus testing services. Contact details for such companies can be found [HERE](#). It is advisable to book a test time a few days in advance (as there may be a queue), but the second test may not be taken any earlier than on the sixth day after taking the first test. Please note that the day upon which the first test is taken is counted as day zero, so any individual who has taken their first test on a Monday may take their second test on the following Sunday at the earliest.
- In certain cases the involved parties can agree on a testing location for a group of employees which is convenient for all parties.
- You can submit a traveller's declaration via the Health Board's self-service environment. See more [HERE](#)

**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](#)