

Estonia

Medical Summary

The health risk information presented here is summarized from Shoreland Travax[®], a decision-support tool used by health care providers to perform a detailed health risk analysis based on specific locations, individual travel styles, and traveler risk behaviors. Travax provides practitioners current, independently researched malaria risk and prevention recommendations in a map-based format that goes beyond the annual WHO and US CDC statements included here. Not included here are current reports from Travax of disease outbreaks or environmental events that may pose elevated risks to travelers' health and safety. The Providers section of this site offers a directory of health care providers who utilize Shoreland Travax for travel health counseling. Learn more about the detailed reports and maps available from these practitioners (includes links to samples).

COVID-19

Fully vaccinated: 63.0%

Daily new cases: 119 (7-day rolling average)

Daily new cases / 100,000: 9

Daily new deaths: 1 (7-day rolling average)

Daily new deaths / 100,000: 0.1

14-Day Case Change: 89%

CDC Recommendation

Persons not up-to-date on COVID-19 vaccinations should avoid travel to this country. Persons who are at increased risk for severe illness from COVID-19 (even if up-to-date on COVID-19 vaccinations) should seek informed medical advice and consider delaying travel. All travelers should be up-to-date prior to their trip and follow destination requirements and recommendations. All persons aged ≥ 2 years should wear a well-fitting mask in indoor public spaces.

General Information

Estonia is an advanced economy classified as high income. Located in northern Europe along the Baltic Sea (north of Latvia and south of Finland), the climate is classified as humid cold (no dry season).

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, or tick-borne encephalitis. Routine immunizations, such as those that prevent tetanus/diphtheria or "childhood" diseases, should be reviewed and updated as needed.

Malaria

The following is current information as reported by the World Health Organization (WHO) and the US Centers for Disease Control (CDC):

WHO—*International Travel and Health* (current online update, Country List)

No statement given.

CDC—*Health Information for International Travel* (current online edition)

Areas with malaria: None.

Drug resistance: Not applicable.

Other Concerns

Travelers' Diarrhea

Moderate risk exists throughout the country, with minimal risk in deluxe accommodations. Food and beverage precautions may reduce the likelihood of illness.

Travelers should carry loperamide for self-treatment of diarrhea and, if risk is moderate to high, an antibiotic to add if diarrhea is severe. Consult a knowledgeable health care provider regarding which antibiotic is appropriate for you and most effective for your destination.

Insect- and Arthropod-Borne Diseases

Lyme disease may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include hantavirus, hepatitis C, sexually transmitted infections.

Consular Advice

The material below includes information from the US Department of State (DOS), the UK Foreign, Commonwealth & Development Office (FCO), Global Affairs Canada (GAC), and Australia's Department of Foreign Affairs and Trade (DFAT), as well as from additional open-source material. Standard safety precautions that apply to all international travel can be found in the Library article Safety and Security.

Terrorism Risk

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses, public places and events, including those frequented by tourists, and transportation systems.

Crime

Low risk of violent crime (armed robbery) and moderate risk of petty crime exist throughout the country (especially from May to September), on or near public transportation, in bars, nightclubs, hotels, and in Tallinn's Old Town. Theft of valuables from unattended vehicles is common.

Scams involving exorbitant fees for products have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted.

Civil Unrest

Protests and demonstrations may infrequently occur and have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities. Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

Water Safety

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

Transportation Safety

Low risk of traffic-related injury or death exists. The road traffic death rate is less than 7 per 100,000 population, the lowest risk category.

Natural Disasters

Seasonal flooding frequently occurs.

Consular Information

Selected Embassies or Consulates in Estonia

- United States: [+372] 668-8100; ee.usembassy.gov
- Canada: [+372] 627-3311; international.gc.ca/world-monde/estonia-estonie
- United Kingdom: [+372] 667-4700; www.gov.uk/world/organisations/british-embassy-tallinn
- Australia: [+372] 6-509-308; estonia.embassy.gov.au

Estonia's Embassies or Consulates in Selected Countries

- In the U.S.: washington.mfa.ee
- In Canada: ottawa.mfa.ee
- In the U.K.: london.mfa.ee
- In Australia: canberra.mfa.ee

Visa/HIV Testing

HIV testing is not required to obtain a tourist, work, or residence visa.

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