

Information to residents about the outbreak of COVID-19 infection

Clinical criteria

Any person with acute respiratory tract infection regardless of severity: sudden onset of disease and at least one of symptoms such as fever, cough, sore throat, shortness of breath

AND

Epidemiological criteria

Before symptoms occur, within the last 14 days, the patient:

– was in close contact with a patient with COVID-19 infection

OR

– had travelled or stayed in [areas affected](#) by COVID-19 infection

OR

– worked or visited a health care facility where patients with COVID-19 infection were treated.

The situation worldwide and in Europe is changing rapidly and the list of areas affected by COVID-19 infection has been extended. The Centre for Disease Prevention and Control of Latvia (CDPC) has come forward with a temporary recommendation: travellers returning to Latvia from the areas affected by COVID-19 to monitor their health for a further 14 days and if any of the symptoms of a respiratory tract infection occur (increased body temperature, cough, sore throat, difficulty breathing, etc.), immediately call 113 and inform about symptoms and the travel destination.

The CDPC will keep everybody updated if other measures are adopted in the European Union.

When travelling to the COVID-19 affected areas, the following precautions shall be strictly observed:

- wash hands frequently, especially after contact with sick people or their environment;
- keep a distance of at least 2 metres from people with symptoms of acute respiratory tract infection;
- use disposable wipes when coughing and sneezing and then wash your hands;
- follow the instructions of local authorities.

One of the key recommendations is that, if a person has visited the affected area, to monitor his/her health condition for 14 consecutive days since return. You should also contact your family doctor for advice on how to proceed.

If disease symptoms occur, call 113.

Experts also recommend educational establishments to turn to CDPC if questions arise about action in cases where children have returned from areas affected by COVID-19.

If individual consultations are needed on the outbreak caused by the novel coronavirus, please feel free to call the following telephone numbers to contact the CDPC during working days, from 08:30 to 17:00:

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