

Information to travellers about the outbreak of COVID-19 infection

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.

While adhering to the WHO recommendations on precautions during travel, experts invite travellers to review the travel plans and not visit the areas affected by COVID-19, which are subject to special precautions!

For persons travelling to affected areas

When travelling to the COVID-19 affected areas, we call for the following precautions to 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.

RECOMMENDATIONS for a person who has visited the area affected by COVID-19 within the last 14 days*

14 days after the journey to the affected area*, it is recommended that the body temperature be measured at least twice a day.

If symptoms of upper respiratory tract infection have occurred during this period (fever, cough, sore throat, difficulty breathing, etc.):

- limit contacts with family members and other persons,
- call 113 (Emergency Medical Service) immediately,
- inform the physician about symptoms and travel to the affected area*

Recommendations for travellers

Wash hands frequently, especially after contact with sick people or their environment; avoid unprotected contact with farm animals or wildlife;

Avoid market visits, where livestock is sold or dressed animal carcasses are processed;

People with symptoms of acute respiratory infection should keep a distance from others; when coughing and sneezing, use disposable wipes and then wash hands;

If symptoms suggestive of respiratory diseases (fever, cough, difficulty breathing) occur during the journey or within 14 days after it, seek medical advice and inform the doctor about the journey

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For persons returning from affected areas

One of the key recommendations is that, if a person has been in the area affected by COVID-19, to monitor his/her health condition for a further 14 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:

67501590

67387661

A resident who has returned from areas affected by the COVID-19 infection:

and who does not have any signs of an acute upper respiratory tract infection, such as:

increased body temperature,

cough,

sore throat

difficulty breathing),

may continue his/her daily routine and errands. It is recommended that the person monitors his/her health condition for a further 14 days since leaving the area affected by the COVID-19 infection, including by measuring body temperature twice daily, in the morning and evening.

However, if the employer is concerned that the employee may pose a risk to the health of other employees and customers, it is proposed as an additional measure to review the possibility of remote work or working from home.