

Recommendations for employers

An employee 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 status for 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, as an additional measure the possibility of remote work or working from home is reviewed.

We call on employees of health care institutions, social care institutions, educational establishments and childcare service providers, if they have visited areas affected by COVID-19 infection, to closely monitor their health condition and not to go to work even with insignificant signs of respiratory infection.

We invite you to review the scheduled business trips of employees to areas affected by COVID-19 infection and the need of such trips.

The corona virus causing COVID-19 infection is spreading:

- by direct contact with an infected person,
- by small drops produced by the infected person while speaking, sneezing or coughing,
- and by indirect contact with surfaces and objects contaminated by respiratory secretions.

Therefore, **we invite you to provide recommendations to employees regarding personal hygiene and prevention measures:**

1. to monitor own health condition and not go to work with signs of respiratory tract infection disease (cough, sore throat, increased body temperature);
2. to frequently wash hands thoroughly with soap and water, especially after visiting toilet, public sites, before meals, after contact with people who are ill or the settings around them;
3. where it is not possible to wash hands, hands shall be disinfected with ethanol-containing hand disinfectants;
4. avoid touching your face (eyes, nose and mouth) with unwashed hands;
5. avoid close contact with people with symptoms of acute respiratory infection;

6. when coughing and sneezing, cover the mouth and nose by means of a disposable tissue which shall be disposed of after use and then wash hands;
7. to clean and disinfect surfaces and objects frequently touched by humans, with household disinfectants;
8. to regularly clean and vent premises.

I Actions to be undertaken by a person who has returned from territories affected by COVID-19 infection:

1. **If within 14 days after leaving areas affected by COVID-19 infection mild signs of acute upper respiratory tract disease appear**, contact the emergency medical service (hereinafter – EMS), **by calling 113**. EMS will arrange laboratory tests by bringing the analyse samples to a reference laboratory;
2. **If within 14 days after leaving areas affected by COVID-19 infection distinct/severe signs of acute upper respiratory tract disease appear**, immediately contact the EMS, **by calling 113**. EMS experts will transfer the person to Riga Eastern Clinical University Hospital (*Rīgas Austrumu klīniskās universitātes slimnīca*) for diagnosis and treatment;
3. If the laboratory **test for the COVID-19 infection is negative**, the person's incapacity to work is registered under standard procedures, until the disease signs disappear. However, it is recommended that the person monitors his/her health condition (for 14 consecutive days since leaving the area affected by the COVID-19 infection), by measuring the body temperature at least twice a day;
4. If the **laboratory test for the COVID-19 infection is positive**, the EMS transfers the patient to Riga Eastern Clinical University Hospital, where a person is isolated aiming to provide the necessary treatment.

If a person **has been in close contact with a COVID-19 patient**, in accordance with the requirement of an epidemiology experts of the Centre for Disease Control and Prevention of Latvia, **the person is subjected to home quarantine for 14 days** from the moment of contact with the infected patient.

* Please keep yourself updated regarding the affected areas, which are subject to special precautions; visit the website of the Centre for Disease Prevention and Control at <https://spkc.gov.lv/en/news/get/nid/531>)