

Recommendations for family members of a person infected with COVID-19 infection

Family members and persons sharing an apartment or house (household) with a patient with a confirmed Covid-19 infection are considered to be high-risk contact persons. Whether or not the person with a confirmed Covid-19 infection is in hospital or at home, persons living with the sick person are subject to home quarantine or self-isolation.

Other persons who were in close contact (distance less than 2 m and contact for more than 15 minutes) with an infected patient (e.g., acquaintances, colleagues) are also subject to home quarantine. The contact persons will be contacted by epidemiology experts of the Centre for Disease Prevention and Control of Latvia by undertaking an epidemiological examination, and the experts will provide further guidance on anti-epidemic and preventive measures, and they will notify the family doctors on the need for medical surveillance of the contact persons.

Depending on the course of the infection, the outlook of disease development, the risk of complications, the risk of infecting others and other conditions, the patient infected with Covid-19 infection may be isolated in hospital or his/her place of residence for a period while he/she is infectious (releases the pathogens of the infectious disease).

The COVID-19 pathogens spread through direct contact with small drops, when the infected person speaks, sneezes or coughs, as well as through indirect contact, by touching surfaces and objects contaminated with respiratory tract secretions. For example, a person may get infected with COVID-19 infection in the following ways:

- by standing less than 2 metres from an infected person who speaks, coughs or sneezes;
- by touching the body of the infected person, for example, by kissing, hugging;
- by shaking hands and then not washing hands followed by touching the face area (mouth, eyes or nose);
- by touching surfaces or objects such as door handles which the infected person has touched before, and not washing hands afterwards;
- By touching objects which the infected person has touched before with unwashed hands, e.g., by touching a mobile phone.