

List of countries and recommendations for travellers			
Those who have arrived from the countries, for which the cumulative number of COVID-19 cases per 100 000 people exceeds 16, must self-isolate for 14 days upon arrival in Latvia.			
We do not recommend going to the countries, the cumulative index of which exceeds 25 (14 days cumulative number of COVID-19 cases per 100 000 people in the European Union, the countries in the European Economic Area, in Switzerland and the United Kingdom, and in some other countries), according to the Cabinet's Regulation No. 360 (adopted 9 June 2020) "Epidemiological Safety Measures for the Containment of the Spread of COVID-19 Infection" clause No. 35.			
If you are in self-isolation and the 14-days cumulative index of the country, from which you have arrived, does not exceed 16 per 100 000 people, then you may end self-isolation.			
1. About traveling to/from the European Union, the countries in the European Economic Area, Andorra, Monaco, San Marino, Vatican/Holy See.			
Data is being renewed every Friday.			
State	14-day cumulative incidence 07.08.2020.	Travelling considerations	Self-isolation
Luxembourg	182.6	Visiting is discouraged	14 days after returning or transiting the country
Romania	85.6	Visiting is discouraged	14 days after returning or transiting the country
Spain	79.8	Visiting is discouraged	14 days after returning or transiting the country
Andorra	64.7	Visiting is discouraged	14 days after returning or transiting the country
Belgium	52.9	Visiting is discouraged	14 days after returning or transiting the country
Sanmarino	50.1	Visiting is discouraged	14 days after returning or transiting the country
Bulgaria	40.9	Visiting is discouraged	14 days after returning or transiting the country
Malta	33.6	Visiting is discouraged	14 days after returning or transiting the country
Monaco	33.1	Visiting is discouraged	14 days after returning or transiting the country
Sweden	31.3	Visiting is discouraged	14 days after returning or transiting the country
Switzerland	30.1	Visiting is discouraged	14 days after returning or transiting the country
Czechia	27.6	Visiting is discouraged	14 days after returning or transiting the country
Netherlands	26.5	Visiting is discouraged	14 days after returning or transiting the country
Portugal	26.1	Visiting is discouraged	14 days after returning or transiting the country
Iceland	25.5	Visiting is discouraged	14 days after returning or transiting the country
France	24.2	Consider trip's necessity	14 days after returning or transiting the country
Poland	20.9	Consider trip's necessity	14 days after returning or transiting the country
Croatia	18.9	Consider trip's necessity	14 days after returning or transiting the country
Austria	17.7	Consider trip's necessity	14 days after returning or transiting the country
Cyprus	17.1	Consider trip's necessity	14 days after returning or transiting the country
Denmark	15.8	Follow standard precautions	Not compulsory
United Kingdom	15.7	Follow standard precautions	Not compulsory
Germany	12.1	Follow standard precautions	Not compulsory
Ireland	11.1	Follow standard precautions	Not compulsory
Greece	9.4	Follow standard precautions	Not compulsory
Slovenia	9.1	Follow standard precautions	Not compulsory
Lithuania	7.6	Follow standard precautions	Not compulsory
Estonia	7.3	Follow standard precautions	Not compulsory
Slovakia	7.2	Follow standard precautions	Not compulsory
Norway	6.5	Follow standard precautions	Not compulsory
Italy	6.4	Follow standard precautions	Not compulsory
Liechtenstein	5.2	Follow standard precautions	Not compulsory
Latvia	3.8	Follow standard precautions	Not compulsory
Finland	2.9	Follow standard precautions	Not compulsory
Hungary	2.0	Follow standard precautions	Not compulsory
Vatican	0.0	Follow standard precautions	Not compulsory
2. About traveling to/from other countries.			
The list of included countries is being reevaluated every fortnight, but safety measures are reevaluated once a week, every Friday.			
Other countries as defined in the Council's of Europe "Council recommendation on the temporary restriction on non-essential travel into the EU and the possible lifting of such restriction"			
https://data.consilium.europa.eu/doc/document/ST-9596-2020-INIT/en/pdf			
Australia	>25	Visiting is discouraged	14 days after returning or transiting the country
Canada	16-25	Consider trip's necessity	14 days after returning or transiting the country
Georgia	<16	Follow standard precautions	Not compulsory
Japan	<16	Follow standard precautions	Not compulsory
New Zealand	<16	Follow standard precautions	Not compulsory
Rwanda	<16	Follow standard precautions	Not compulsory
South Korea	<16	Follow standard precautions	Not compulsory
Thailand	<16	Follow standard precautions	Not compulsory
Tunisia	<16	Follow standard precautions	Not compulsory
Uruguay	<16	Follow standard precautions	Not compulsory
Other countries not shown in this list			14 days after returning or transiting the country

*Calculation is based on the number of cases reported by the European Center for Disease Prevention and Control

[* * https://data.consilium.europa.eu/doc/document/ST-10095-2020-INIT/en/pdf](https://data.consilium.europa.eu/doc/document/ST-10095-2020-INIT/en/pdf)

Departure	Self-isolation
Visiting is discouraged	14 days after returning or transiting the country
Consider trip's necessity	14 days after returning or transiting the country
Follow standard precautions	Not compulsory