

List of countries subject to special safety measures

The list of included countries is updated every **Friday**.

The list and requirements of self-isolation come into force on **23th January 00:00**

The Cabinet's Regulation No. 360 (adopted 9 June 2020) "Epidemiological Safety Measures for the Containment of the Spread of COVID-19 Infection" (Cabinet's Regulation) paragraph 3. ¹ "The Centre for Disease Prevention and Control shall, based on the information provided by the European Centre for Disease Prevention and Control, publish on its website a list of those countries to which special precautionary and restrictive measures are applicable, and shall also indicate those countries where such spread of COVID-19 infection has been registered which can cause a serious threat to the public health. The relevant precautionary and restrictive measures shall be applied from the day following the publication of the abovementioned list."*

Significant (high likelihood) public health threat

14-day cumulative number of COVID-19 cases per 100 000 inhabitants **exceeds rate 50**

Data taken from:

<https://www.ecdc.europa.eu/en/publications-data/data-national-14-day-notification-rate-covid-19>

State	14-day cumulative incidence**	Traveling considerations	Self-isolation***
Ireland	1444,4	Travel is not recommended	10 days after returning or transiting the country
Czechia	1362,8	Travel is not recommended	10 days after returning or transiting the country
Portugal	1215,2	Travel is not recommended	10 days after returning or transiting the country
Andorra	1169,6	Travel is not recommended	10 days after returning or transiting the country
Slovenia	1133,0	Travel is not recommended	10 days after returning or transiting the country
Monaco	900,7	Travel is not recommended	10 days after returning or transiting the country
Sanmarino	853,3	Travel is not recommended	10 days after returning or transiting the country
Spain	804,5	Travel is not recommended	10 days after returning or transiting the country
Lithuania	716,0	Travel is not recommended	10 days after returning or transiting the country
Latvia	685,8		
Sweden	669,0	Travel is not recommended	10 days after returning or transiting the country
Slovakia	665,7	Travel is not recommended	10 days after returning or transiting the country
Estonia	590,5	Travel is not recommended	10 days after returning or transiting the country
Cyprus	570,2	Travel is not recommended	10 days after returning or transiting the country
Netherlands	555,4	Travel is not recommended	10 days after returning or transiting the country
Malta	509,0	Travel is not recommended	10 days after returning or transiting the country

Liechtenstein	450,8	Travel is not recommended	10 days after returning or transiting the country
Switzerland	442,5	Travel is not recommended	10 days after returning or transiting the country
France	380,9	Travel is not recommended	10 days after returning or transiting the country
Italy	374,1	Travel is not recommended	10 days after returning or transiting the country
Denmark	364,9	Travel is not recommended	10 days after returning or transiting the country
Germany	319,4	Travel is not recommended	10 days after returning or transiting the country
Luxembourg	314,9	Travel is not recommended	10 days after returning or transiting the country
Poland	305,4	Travel is not recommended	10 days after returning or transiting the country
Austria	299,6	Travel is not recommended	10 days after returning or transiting the country
Croatia	298,6	Travel is not recommended	10 days after returning or transiting the country
Romania	281,9	Travel is not recommended	10 days after returning or transiting the country
Belgium	248,3	Travel is not recommended	10 days after returning or transiting the country
Hungary	244,1	Travel is not recommended	10 days after returning or transiting the country
Norway	148,9	Travel is not recommended	10 days after returning or transiting the country
Bulgaria	125,2	Travel is not recommended	10 days after returning or transiting the country
Greece	79,3	Travel is not recommended	10 days after returning or transiting the country
Finland	61,9	Travel is not recommended	10 days after returning or transiting the country
Iceland	60,5	Travel is not recommended	10 days after returning or transiting the country
Other European countries not shown in this list		Travel is not recommended	10 days after returning or transiting the country

Low public health threat

14-day cumulative number of COVID-19 cases per 100 000 inhabitants **does not exceed rate 50**

State	14-day cumulative incidence**	Traveling considerations	Self-isolation***
Vatican	0,0	Follow standard precautions	Not compulsory

Countries outside the EU/EEA

The list of included countries of which crossing of the external EU border is permitted is 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" Appendix I ****

State	14-day cumulative incidence**	Traveling considerations	Self-isolation***
Other countries not shown in this list		Travel is not recommended	10 days after returning or transiting the country
United Kingdom	1112,1	Travel is not recommended	10 days after returning or transiting the country
Japan	66,8	Travel is not recommended	10 days after returning or transiting the country
Rwanda	18,2	Follow standard precautions	Not compulsory
South Korea	16,5	Follow standard precautions	Not compulsory
Singapore	7,1	Follow standard precautions	Not compulsory
Thailand	5,7	Follow standard precautions	Not compulsory
New Zealand	1,7	Follow standard precautions	Not compulsory
Australia	0,8	Follow standard precautions	Not compulsory

Clarifications:

* Available at: <https://likumi.lv/ta/en/en/id/315304-epidemiological-safety-measures-for-the-containment-of-the-spread-of-covid-19-infection>

** Calculation is based on the number of cases reported by the European Center for Disease Prevention and Control (ECDC) on the day of publication: <https://www.ecdc.europa.eu/en/geographical-distribution-2019-ncov-cases>. Data can differ from the national statistics.

*** Must comply with the requirements in paragraph 56 of the Cabinet's Regulation: if you are in self-isolation and the 14-day cumulative incidence per 100 000 inhabitants of the country, which you have returned from, does not exceed 50 anymore, then you may stop self-isolation.

**** <https://data.consilium.europa.eu/doc/document/ST-11701-2020-INIT/en/pdf>