

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 **30th 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***
Portugal	1429.4	Travel is not recommended	10 days after returning or transiting the country
Andorra	1138.1	Travel is not recommended	10 days after returning or transiting the country
Spain	1026.1	Travel is not recommended	10 days after returning or transiting the country
Czechia	981.7	Travel is not recommended	10 days after returning or transiting the country
Monaco	906.8	Travel is not recommended	10 days after returning or transiting the country
Slovenia	885.5	Travel is not recommended	10 days after returning or transiting the country
Ireland	814.4	Travel is not recommended	10 days after returning or transiting the country
Sanmarino	600.8	Travel is not recommended	10 days after returning or transiting the country
Lithuania	598.4	Travel is not recommended	10 days after returning or transiting the country
Latvia	595.8		
Estonia	521.7	Travel is not recommended	10 days after returning or transiting the country
Slovakia	513.0	Travel is not recommended	10 days after returning or transiting the country
Sweden	483.6	Travel is not recommended	10 days after returning or transiting the country
Malta	472.5	Travel is not recommended	10 days after returning or transiting the country
Netherlands	431.4	Travel is not recommended	10 days after returning or transiting the country

France	403.4	Travel is not recommended	10 days after returning or transiting the country
Switzerland	339.2	Travel is not recommended	10 days after returning or transiting the country
Italy	315.3	Travel is not recommended	10 days after returning or transiting the country
Cyprus	304.5	Travel is not recommended	10 days after returning or transiting the country
Liechtenstein	281.4	Travel is not recommended	10 days after returning or transiting the country
Luxembourg	280.2	Travel is not recommended	10 days after returning or transiting the country
Germany	265.8	Travel is not recommended	10 days after returning or transiting the country
Belgium	252.6	Travel is not recommended	10 days after returning or transiting the country
Austria	246.4	Travel is not recommended	10 days after returning or transiting the country
Poland	231.0	Travel is not recommended	10 days after returning or transiting the country
Croatia	216.6	Travel is not recommended	10 days after returning or transiting the country
Denmark	216.5	Travel is not recommended	10 days after returning or transiting the country
Romania	202.4	Travel is not recommended	10 days after returning or transiting the country
Hungary	171.5	Travel is not recommended	10 days after returning or transiting the country
Norway	105.3	Travel is not recommended	10 days after returning or transiting the country
Bulgaria	90.1	Travel is not recommended	10 days after returning or transiting the country
Finland	72.3	Travel is not recommended	10 days after returning or transiting the country
Greece	67.5	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***
Iceland	25.8	Follow standard precautions	Not compulsory
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	862.9	Travel is not recommended	10 days after returning or transiting the country
Japan	58.4	Travel is not recommended	10 days after returning or transiting the country
Rwanda	25.8	Follow standard precautions	Not compulsory
South Korea	12.5	Follow standard precautions	Not compulsory
Singapore	6.9	Follow standard precautions	Not compulsory
Thailand	4.5	Follow standard precautions	Not compulsory
New Zealand	1.4	Follow standard precautions	Not compulsory
Australia	0.6	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>