



## If returning to/entering Latvia

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### Who must self-isolate?

If returning to/entering Latvia from a country which is subject to special precautionary and restrictive measures due to a high number of confirmed COVID-19 cases in the specific country.

### Which are the countries upon returning from which must I self-isolate?

[The list of countries can be viewed on the website of the Latvian Centre for Disease Prevention and Control](#) (Slimību profilakses un kontroles centrs). If the country is marked in red or yellow, a person must self-isolate for a period of 10 days.

### Where must I stay during the self-isolation period?

Self-isolation must be maintained at the place of a person's residence or another place of stay.

### How long must I stay in self-isolation?

Self-isolation must be maintained for 10 days after leaving the specific country.

### What actions must I take during self-isolation?

- stay in the place of self-isolation, do not expose other persons to the risk of being infected, do not have direct contact with others (do not welcome guests, do not visit others, do not go to work and public places where a large number of people pass through, except for visiting a store and reaching your place of residence or another place of stay immediately after entering Latvia). Use a protective cover for your mouth and nose;
- monitor your health, measure your body temperature in the morning and at night;
- if you have a cough, an elevated body temperature (fever), loss of breath, contact a medical professional immediately;
- other members of your household can continue their daily activities.

### Can I get tested for COVID-19?

For this purpose, please call 8303 on weekdays from 8 AM to 8 PM, on Saturdays from 9 AM to 3 PM and on Sundays from 9 AM to 12 PM.

You still have to self-isolate for 10 days, even if you've taken the Covid-19 test.

<https://www.spkc.gov.lv/lv/if-returning-toentering-latvia>