

**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, Andora, Monaco, San Marino, Vatican/Holy See.**  
Data is being renewed every Friday.

State	14-day cumulative incidence 14.08.2020.	Travelling considerations	Self-isolation
Luxembourg	122,5	Visiting is discouraged	14 days after returning or transiting the country
Spain	110,6	Visiting is discouraged	14 days after returning or transiting the country
Romania	87,8	Visiting is discouraged	14 days after returning or transiting the country
Malta	84,1	Visiting is discouraged	14 days after returning or transiting the country
Andora	77,5	Visiting is discouraged	14 days after returning or transiting the country
Monaco	72,5	Visiting is discouraged	14 days after returning or transiting the country
Belgium	58,7	Visiting is discouraged	14 days after returning or transiting the country
Sanmarino	58,1	Visiting is discouraged	14 days after returning or transiting the country
Netherland	41,6	Visiting is discouraged	14 days after returning or transiting the country
Bulgaria	37,8	Visiting is discouraged	14 days after returning or transiting the country
Sweden	36,7	Visiting is discouraged	14 days after returning or transiting the country
France	34,0	Visiting is discouraged	14 days after returning or transiting the country
Iceland	29,1	Visiting is discouraged	14 days after returning or transiting the country
Czechia	28,7	Visiting is discouraged	14 days after returning or transiting the country
Switzerland	27,8	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
Denmark	25,6	Visiting is discouraged	14 days after returning or transiting the country
Cyprus	25,2	Visiting is discouraged	14 days after returning or transiting the country
Poland	24,9	Consider trip's necessity	14 days after returning or transiting the country
Croatia	24,0	Consider trip's necessity	14 days after returning or transiting the country
Austria	19,4	Consider trip's necessity	14 days after returning or transiting the country
Greece	18,5	Consider trip's necessity	14 days after returning or transiting the country
Ireland	18,4	Consider trip's necessity	14 days after returning or transiting the country
United Kingdom	17,3	Consider trip's necessity	14 days after returning or transiting the country
Germany	15,3	Follow standard precautions	Not compulsory
Norway	11,5	Follow standard precautions	Not compulsory
Lithuania	9,6	Follow standard precautions	Not compulsory
Slovenia	9,3	Follow standard precautions	Not compulsory
Estonia	9,3	Follow standard precautions	Not compulsory
Slovakia	8,7	Follow standard precautions	Not compulsory
Italy	8,4	Follow standard precautions	Not compulsory
Liechtenstein	5,2	Follow standard precautions	Not compulsory
Finland	4,7	Follow standard precautions	Not compulsory
Latvia	4,1	Follow standard precautions	Not compulsory
Hungary	3,2	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 reevaluted 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	Follow standard precautions	Not compulsory
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>

	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