

Isolation, Home Quarantine, and Self-isolation

- If COVID-19 has been diagnosed in laboratory or determined according to clinical signs, the person shall during isolation:
 - not leave the medical treatment institution, place of stay or place of residence, and shall be available for communication and cooperation with the general practitioner and other medical practitioners, except when the person requires medical assistance according to a referral by a doctor. In such case, the person shall use the medical face mask and follow other instructions of the doctor in relation to the precautionary measures for the containment of the spread of COVID-19;
 - not subject other persons to the risk of infection by reducing direct contact with other persons (not welcome guests, not go on private visits, not go to work, not go to social and public spaces and premises);
 - comply with the instructions of the epidemiologist of the Centre and the physician;
 - discontinue isolation only with the permission of the attending physician.
- If the Centre for Disease Prevention and Control of Latvia (Centre) has recognised a person as a COVID-19 contact person, home quarantine shall be imposed on the person for 14 days after the last contact with the person for whom COVID-19 infection has been confirmed. During home quarantine the person shall:
 - stay at the place of residence or another place of stay and shall be available for communication and cooperation with the general practitioner and other medical practitioners;
 - not subject other persons to the risk of infection by reducing direct contact with other persons (not welcome guests, not go on private visits, not go to work, not go to social and public spaces and premises where many persons are present);
 - comply with the instructions of the epidemiologist of the Centre and the physician;
 - discontinue home quarantine only with the permission of the attending physician.
- If within the last 14 days the person has stayed in any of the countries published on the website of the Centre to which special precautionary and restrictive measures are applicable, he or she shall ensure self-isolation at the place of residence or another place of stay for 14 days after departure from the abovementioned country. During self-isolation the person shall:
 - stay at the place of residence or another place of stay;
 - not subject other persons to the risk of infection, not form direct contact with other persons (not welcome guests, not go on private visits, not go to work, not go to social and public spaces and premises where many persons are present, except for a visit to a shop and getting to the place of residence or another place of stay immediately after arrival in Latvia, using mouth and nose cover);

- observe his or her health condition for 14 days and measure the body temperature twice a day (in the morning and in the evening) and inform the general practitioner if any signs of an acute respiratory disease (cough, increased body temperature (fever), shortness of breath) appear.
- If a person has documentary evidence that he or she has suffered from COVID-19 and has recovered therefrom, the general practitioner may take a decision which prescribes that the person needs not to undertake the self-isolation and may issue or electronically send to the person the form No. 027/u with the following entry: "I certify that (name and surname of the person) is not subject to the self-isolation conditions starting from2020 (date)."