



## COVID-19 RELATED RESTRICTIONS AND GUIDELINES FOR SSE RIGA VISITORS

- All visitors have to **sign-up** before visiting SSE Riga and **check-in** at the reception upon arrival.
- Persons with any **signs of respiratory diseases** (cough, sore throat, difficult breathing, fever) are **prohibited to enter** and stay at SSE Riga premises.
- **Persons at risk of Covid-19 infection** (>65 years; with chronic diseases, with immunodeficiency) have to wear a medical facemask when at SSE Riga.
- **2 m distance** has to be observed at all times. **One person in the lift** at a time. **Avoid crowding.**
- If for any reason keeping 2 m distance is impossible, the visitor has to wear a **facemask**.
- Persons who are **on self-isolation or home quarantine** are strictly forbidden to enter SSE Riga.
- To turn away from other people when **sneezing or coughing**. When coughing and sneezing, the mouth and nose should be covered with a disposable tissue that should be discarded after use; hands should then be washed. If there is no disposable wipe or handkerchief available, cough or sneeze on the surface of the inner elbow joint (sleeve) rather than in the palm of your hand.
- The visitors should maintain a **high self-hygiene**, when at SSE Riga and wash their hands regularly.
- If any sign of **acute respiratory infectious disease** starts to show while at SSE Riga, the person has to go home, inform the responsible person of SSE Riga and contact the family doctor to agree on further treatment. It is essential to inform the doctor that the person has been present at SSE Riga.
- Person has to **inform the responsible person of SSE Riga**, if she/he has been diagnosed Covid-19 infection or has been assigned the status of Covid-19 contact person and has visited SSE Riga during the last 14 days.
- You are recommended to download and use the **Apturi COVID App** on your mobile phone. It will help to identify, if you have been in contact with Covid-19 patient and should do any tests or self-isolate.

The **SSE Riga Contact Persons** responsible for the coordination and supervision of these regulations are:

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