

# Complying with COVID-19 Restrictions - Sacrifice or Common Sense?

## Covid-19: What we know and can do

Dear colleagues,

I would like to draw your attention to some facts that show that our own behaviour is crucial in preventing the spread of COVID-19.

### It is clear that:

- the virus causing COVID-19 **has not changed** significantly since the beginning of the year;
- transmission of COVID-19 **has not changed**: it occurs primarily via airborne transmission, that is, by respiratory droplets;
- respiratory droplet transmission practically occurs within a range of **2 meters**;
- the autumn **spike in COVID-19 cases** was caused by the Latvian population's/visitors' **negligent** attitude of towards epidemiological safety measures.

### From this, it appears that:

- **we can stop, or significantly limit the spread** of the infection **ourselves** by reducing or limiting contact with others, thus preventing the virus from transmitting between people;
- currently, each and every one of us **can have an impact** on the spread of the virus and a lot depends on us.

### Therefore, I ask the following:

Let's seize the opportunity and take responsibility for limiting the spread of the infection while it has not taken over our lives completely. Let's not think that we are making a sacrifice by complying with the restrictions.

**As Christmas is approaching, let us think good thoughts and do small, but important deeds which are not hard to execute.**

## Personal precautions you can take:

### A. In your private life -

- **reconsider** your daily activities and **shorten** them in half;
- **specific** suggestions:
  - ✓ **go grocery shopping less frequently**, use leftovers for your meals;
  - ✓ exercise **at home** instead of a gym;
  - ✓ go to the hairdresser **less frequently**;
  - ✓ do not meet your friends in person, **talk on the phone**;

- ✓ buy things for yourself, your children or parents **online**;
- ✓ **do not use tailors**, but rather wear something you already have;
- ✓ do not attend choir, or dance practice, or other hobbies and clubs;
- ✓ do not pay your friends or family **unexpected visits**;
- ✓ **respect each other's personal space** even at home.

#### B. In your professional life -

- **if you feel sick or are unwell, do not go to work** (do not leave your home, invite your friends to come over, etc.);
- try to **avoid contact at work if such contact is not necessary** to perform your work duties;
- **always** use personal protective equipment **correctly**;
- give preference to **contactless** communication;
- **do not communicate, and ignore people who do not comply with the requirements to use personal protective equipment**;
- **act and behave as if everyone around you is infected (without exception).**

Such inconveniences are a small price to pay compared to the expected outcome which is a life without COVID-19.

Dear colleagues,

All epidemics or pandemics end sooner or later. It is important not to become the victims of the virus or to infect others.

Let's follow common sense and **stay strong, at least until New Years.**



**Take care of yourself and others will take care of you!**

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