



Recommendations and instructions of the Croatian Institute of Public Health.

Croatian and foreign nationals entering the Republic of Croatia must comply with these recommendations and instructions in the period of 14 days following their crossing of the state border, as follows:

- During the first 14 days following the entry into the Republic of Croatia, accommodation may be left only in absolutely necessary situations: carrying out business activities if business was the purpose of entry into the Republic of Croatia, carrying out necessary activities with continuous increased hygiene measures in place.
- When leaving accommodation in absolutely necessary situations, it is recommended to wear a mask or a covering for the nose and mouth, to keep a physical distance from others (a minimum of 1.5 meters) and to practice hand hygiene.
- Hands should be washed as often as possible with warm water and soap and/or a hand disinfectant should be used that needs to be well rubbed on the palms. Touching one's face, mouth, nose and eyes should be avoided.
- Using public transport should be avoided. In the means of transport, a person should preferably be alone or exclusively with persons with whom he/she shares accommodation.
- Grouping and public gatherings should be consistently avoided.
- During business meetings, it is necessary to meet with as few persons as possible, to ensure a physical distance of 1.5 meters and availability of disinfectants, to avoid unnecessary meetings.
- During their stay in the accommodation, the persons concerned prepare the food themselves or use food and beverage delivery services.
- Payments are made by using non-cash card payments or online services.
- Body temperature should be measured every morning. If it exceeds 37.2 degrees, it should be taken again after 10 minutes. If the temperature again exceeds 37.2 degrees, the person should stay at home/one's accommodation and contact the chosen general practitioner, if any (Croatian nationals), or a competent local epidemiologist.
- In case of any symptoms of acute respiratory infection (cough, sore throat, high temperature, short breath/difficulty in breathing, loss of smell and taste), it is necessary to stay at home/your accommodation and contact the chosen general practitioner, if any (Croatian nationals), or a competent local epidemiologist.
- In case of sudden onset of severe, life-threatening symptoms, the person should contact the emergency medical services.

In case of respiratory disease symptoms. If you develop respiratory disease symptoms (high temperature, cough, shortness of breath, difficulty in breathing, sore throat, weakness), you should contact your chosen doctor by phone who will, based on your medical condition, assess the need for you to be tested for the new coronavirus. If you require medical assistance for reasons other than a respiratory disease, you should phone your chosen doctor or one of the members of your household can contact the doctor for consultations and arranging a house call. Do not visit healthcare facilities without having previously contacted them by phone. You can find more information on the coronavirus disease and measures for reducing the risk of spreading the disease on the website of the Croatian Institute of Public Health at <https://www.hzjz.hr/sluzba-epidemiologija-zarazne-bolesti/koronavirus-najnovije-preporuke/>, or from your chosen general practitioner and a competent local epidemiologist.

Croatian and foreign nationals may request additional information and clarifications by calling 112.

Telephone list of epidemiologists on standby	
Emergency Medical Service	112
Emergency Medical Service – City of Zagreb	194
Andrija Štampar Teaching Institute of Public Health, Zagreb	091 46 96 444
Krapinsko-zagorska County Institute of Public Health	099 245 55 45
	091 730 79 13
	091 510 31 65
Sisačko-moslavačka County Institute of Public Health	098 29 35 78
	098 293576
	098 29 35 72
	098 981 32 73
Karlovac County Institute of Public Health	098 247 630
Varaždin County Institute of Public Health	099 211 98 02
Koprivničko-križevačka County Institute of Public Health	098 59 22 15
Bjelovarsko-bilogorska County Institute of Public Health	098 49 20 24
Primorsko-goranska County Institute of Public Health	091 125 72 10
Ličko-senjska County Institute of Public Health	091 504 49 17
Virovitičko-podravska County Institute of Public Health	098 46 59 45
	098 46 59 44
Požeško-slavonska County Institute of Public Health	098 98 29 204
Brodsko-posavska County Institute of Public Health	091 51 70 426
Zadar County Institute of Public Health	098 33 27 65
Osječko-baranjska County Institute of Public Health	031 225 717
Šibensko-kninska County Institute of Public Health	091 43 41 201
Vukovarsko-srijemska County Institute of Public Health	091 37 04 290
Splitsko-dalmatinska County Institute of Public Health	091 15 12 003
Istria County Institute of Public Health	099 529 44 55
Dubrovačko-neretvanska County Institute of Public Health	098 24 34 54
Međimurje County Institute of Public Health	098 55 88 11
Zagreb County Institute of Public Health	099 736 87 84
Croatian Institute of Public Health	098 22 77 53
Section for Preventive Medical Protection – only for members of the Ministry of Defence of the Republic of Croatia and the Armed Forces of the Republic of Croatia	099 26 54 679
	099 35 98 813
	099 35 98 812