

## Information for foreign journalists in Lithuania

1. Foreign journalists entering the Republic of Lithuania from countries **outside** the European Union, the European Economic Area (EEA), and the United Kingdom will need permission from the Ministry of Foreign Affairs of Lithuania to enter the country (Minister's Order).
2. Foreign journalists entering Lithuania from countries **both** outside and within EEA with a COVID-19 two week incidence rate of more than 16 cases per 100,000 population will be subject to 14-day self-isolation with the possibility to take advantage of the exemption from mandatory quarantine restrictions.
3. Before you travel to Lithuania, you **must register with the National Public Health Centre (NPHC) online** at <https://keleiviams.nvsc.lt/en/form> or fill in a paper Public Health Passenger Locator form upon arrival at the airport. We recommend that you complete and submit the form electronically. In the field "Medical care center" please enter the name of your country.
4. On arriving, journalists need to show a **negative coronavirus test**, taken within **72 hours** before boarding the airplane in the country of departure.
5. Immediately after arriving to Lithuania foreign journalists have to go straight to their hotel room or other temporary accommodation (isolation place).
6. Before you travel to Lithuania, you may **apply for an exemption from** the NPHC. Please submit your application online at <https://nvsc.lrv.lt/lt/visuomenei/leid-pal><https://nvsc.lrv.lt/lt/visuomenei/leid-pal>. To apply for an exemption, you are required to provide (additionally by email [akvile.sakaulauskaite@nvsc.lt](mailto:akvile.sakaulauskaite@nvsc.lt) if the application online does not provide this opportunity) proof of a negative COVID-19 test result, as well as submit a press identification card and /or a reasoned request from the editorial office, identifying the purpose of the visit. When choosing the reason for the request to leave the place of

isolation in the online application form, please choose “Highly qualified specialists”.

Online permits to leave the isolation place will be issued by email during working hours (8:00 -17:00) everyday including weekends.

7. When the exemption is granted by the NPHC (to the email indicated in the online application), journalists are allowed to leave the place where they are staying and do their work. You must go straight into quarantine once the work is completed, so it’s important that you don’t use shared areas such as bars, restaurants, etc.
8. The exception is valid for 7 days. If you plan to stay longer than seven days, on the 7th day you will be required to take a repeated COVID-19 test in one of the private clinics and pay the full price and provide proof of a negative COVID-19 test result to the NPHC. The list of the clinics is posted online at <http://sam.lrv.lt/lt/news/previnciniai-veiksmi-del-naujojo-koronaviruso-informacija-nuolat-papildoma/koronavirusas/informacija-visuomenei/mobilieji-punktai-karsciavimo-klinikos-ir-laboratorijos>

Note well: An administrative and criminal responsibility is applied for non-compliance with the mandatory quarantine rules (except for the journalist’s work).

It is recommended that you follow the following general measures to prevent the transmission of COVID-19 (coronavirus infection):

- Maintain a safe distance (of at least 2 meters) from other people;
- Wear protective equipment covering the nose and mouth, especially in places where it is not possible to maintain a safe distance (of at least 2 meters) from other people and in places where you may encounter people with whom you do not normally come into contact;
- Wash hands often with warm water and soap or use hand antiseptics (disinfectants);
- Do not touch your face and eyes with unwashed hands;

- Follow the etiquette of coughing and sneezing (cough or sneeze into a disposable napkin or into the inner side of your bent elbow, etc.);
- Monitor your health. If you begin to notice any symptoms of the infection (fever, cough, difficulty breathing), immediately call the coronavirus hotline: +370 37 367 963 (or 1808 if calling from a Lithuanian number), provide the circumstances of how you may have contracted the virus (it is necessary to indicate that you have been abroad within the last 14 days) and follow the recommendations of doctors.