

Preporuke i uputstva Instituta za javno zdravlje u vezi obolijevanja od COVID-19

Crnogorski i strani državljani koji ulaze u Crnu Goru, dužni su se pridržavati ovih preporuka i uputstava i to 14 dana od dana prelaska državne granice na sledeći način:

1) Ukoliko boravite u hotelu:

U slučaju pojave simptoma akutne respiratorne infekcije (kašalj, gušobolja, povišena tjelesna temperatura, kratak dah/otežano disanje, gubitak mirisa i ukusa) dužni ste da ostanete u sobi i kontaktirate recepciju hotela koja dalje postupa po protokolu i preporukama Instituta za javno zdravlje.

2) Ukoliko boravite u privatnom smještaju:

U slučaju pojave simptoma akutne respiratorne infekcije (kašalj, gušobolja, povišena tjelesna temperatura, kratak dah/otežano disanje, gubitak mirisa i ukusa) dužni ste da ostanete u sobi i kontaktirate vlasnika/menadžera privatnog smještaja koji obavještava nadležni dom zdravlja.

3) Ukoliko boravite u sopstvenom smještaju:

U slučaju pojave simptoma akutne respiratorne infekcije (kašalj, gušobolja, povišena tjelesna temperatura, kratak dah/otežano disanje, gubitak mirisa i ukusa) dužni ste da ostanete u svom smještaju i kontaktirate nadležni dom zdravlja (Budva – 069/303-367)

- U slučaju nagle pojave teških, po život ugrožavajućih simptoma osoba se javlja hitnoj medicinskoj službi. (124)

Više podataka o koronavirusnoj bolesti i mjerama smanjenja rizika od širenja bolesti možete pročitati na web stranici IZJZ-a <https://www.ijzcg.me/>.

Crnogorski i strani državljani mogu zatražiti dodatne informacije i pojašnjenja na info broju 1616.



Neophodno je održavati fizičku distancu od drugih osoba (minimalno 2 metra) i održavati higijenu ruku. Prilikom boravka u zatvorenim javnim prostorima preporučuje se nošenje maski, šala ili marame koji prekrivaju nos i usta, naročito za osobe starije od 65 godina ili za osobe sa hroničnim oboljnjima.



Ruke što češće prati toplom vodom i sapunom i/ili koristiti dezinfekcijsko sredstvo za ruke koje treba dobro utrljati u dlanove. Izbjegavati dodirivanje lica, usta, nosa i očiju.



Treba izbjegavati grupisanja i javna okupljanja.



Tokom poslovnih sastanaka treba komunicirati sa što manjim brojem osoba, održavati fizičku distancu (minimalno 2 metra) i koristiti dezinfekciona sredstva. Preporučuje se izbjegavanje nepotrebnih sastanaka.



Preporučuje se da se usluge plaćanja obavljaju bezkontaktnim platnim karticama ili on-line uslugama.

Recommendations and instructions of the Institute of public health regarding COVID-19

Montenegrin and foreign citizens entering Montenegro are obliged to adhere to these recommendations and instructions for 14 days from the day of crossing the state border as follows:



It is necessary to maintain physical distance from other people (minimum 2 meters) and maintain hand hygiene. When staying indoors in public spaces, it is recommended to wear masks, scarves or shawls covering the nose and mouth, especially for people over the age of 65 or for people with chronic diseases.



Wash your hands as often as possible with warm water and soap and/or use a hand sanitizer that should be rubbed well into your palms. Avoid touching face, mouth, nose and eyes.



Large groups and public gatherings should be avoided.



During business meetings, communicate with as few people as possible, maintain a physical distance (minimum 2 meters) and use disinfectants. It is recommended to avoid unnecessary meetings.



It is recommended to use contactless payment cards or online services.

1) If you are staying in a hotel:

In the case of acute respiratory infection (cough, gout, fever, shortness of breath, loss of smell, and taste), you are obliged to stay in the room and contact the hotel reception, which further follows the protocol and recommendations of the Institute of Public Health.

2) If you are staying in private accommodation:

In the case of acute respiratory infection (cough, gout, fever, shortness of breath, loss of smell, and taste), you must stay in the room and contact the owner/manager of private accommodation who informs the competent health center.

3) If you are staying in your own accommodation:

In case of symptoms of acute respiratory infection (cough, gout, fever, shortness of breath/difficulty breathing, loss of smell, and taste), you are obliged to stay in your accommodation and contact the competent health center (Budva – 069/303-367).

•In case of sudden onset of severe, life-threatening symptoms, the individual is obliged to report to the emergency medical service. (124)

More information on coronavirus disease and measures to reduce the risk of spreading COVID-19 is available on the IPH website <https://www.ijzcg.me/>.

Montenegrin and foreign citizens can request additional information and clarifications on info number 1616.