

Recommendations and instructions of the Institute of Public Health in case of being infected with COVID-19

The Montenegrin and foreign citizens entering Montenegro are obliged to adhere to the following recommendations and instructions for 14 days as of the date crossing the state border:

- ✓ Physical distance from other people (minimum 2 meters) and hand hygiene must be maintained. When staying in the indoor public spaces, masks or scarves covering the nose and mouth are recommended to be worn, especially by people over the age of 65 or people with chronic diseases.
- ✓ Hands should be washed as often as possible with warm water and soap and/or hand sanitizer which should be rubbed well into the palms. It is recommended to avoid touching face, mouth, nose and eyes.
- ✓ Groupings and public gatherings should be avoided.
- ✓ During business meetings, it is recommended to communicate with as few people as possible, maintain a physical distance (minimum 2 meters) and apply disinfectants. Unnecessary meetings are recommended to be avoided.
- ✓ Payment of services should be performed with contactless payment cards or via online services.

1) If you are staying in a hotel:

In case of the acute respiratory infection symptoms (cough, cyanche, fever, shortness of breath/difficult breathing, 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 a private accommodation:

In case of the acute respiratory infection symptoms (cough, cyanche, fever, shortness of breath/difficult breathing, loss of smell and taste) you are obliged to stay in the room and contact the owner/manager of a private accommodation who informs the relevant health-care centre.

3) If you are staying in your own accommodation:

In case of the acute respiratory infection symptoms (cough, cyanche, fever, shortness of breath/difficult breathing, loss of smell and taste) you are obliged to stay in the accommodation and contact the competent health-care centre.

- In case of sudden severe, life-threatening symptoms, the person informs the emergency medical service. More information on the coronavirus disease and measures to reduce the risks of the disease outbreak can be read on the Institute of Public Health website <https://www.ijzcg.me/>. The Montenegrin and foreign citizens may request additional information and clarifications at info number 1616.

PHONE NUMBERS OF THE HEALTH-CARE CENTRES

Health-care centre Andrijevića 067 /809 -593

063 /411 - 416

Health-care centre Bar 068/ 891 - 003

Health-care centre Bijelo Polje 069/333 - 128

Health-care centre Budva 069/303 – 367

Health-care centre Cetinje 067/444 – 810

Health-care centre Danilovgrad 020/812 106

020 801-306

Health-care centre Herceg Novi 067/300-546

067/074-068

Health-care centre Kolašin 020/865-180

Health-care centre Kotor 069/ 045-218

Health-care centre Mojkovac 050/472-246

Health-care centre Plav 067/221-729

Health-care centre Berane 067/205-230

Health-care centre Rožaje 067/071-689

Health-care station Šavnik 069/765-901

Health-care centre Ulcinj 030/412-027

Health-care station Žabljak 052/361-430

Health-care centre Tivat 067/059-948

032/671-774

Health-care centre Nikšić 040/204-623

040/204-627

Health-care centre Pljevlja 067/613-695

Emergency service 124

Health-care centre Podgorica 067/002 766

Health-care station Plužine 040/271-135

040/271-136