



## MINISTRY OF HEALTH

Palackého náměstí 375/4, 128 01 Praha 2

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Prague, April 10, 2020

Reference No: MZDR 15190/2020-5/MIN/KAN

### EXTRAORDINARY MEASURE

The Ministry of Health as an administrative authority competent pursuant to Section 80 (1) letter g) of the Act No. 258/2000 Coll., on Protection of Public Health, and on change of certain related acts, as amended (the "Act No. 258/2000 Coll."), adopts within procedure pursuant to Section 69 (1) letter i) and (2) of the Act No. 258/2000 Coll., in order to protect the population and to prevent danger of outbreak and spread of the COVID-19 disease caused by the new coronavirus SARS-CoV-2, this extraordinary measure:

#### I.

1. **Free movement of persons in the entire territory of the Czech Republic shall be forbidden, with the exception of:**
  - a) **Trips to work and to pursue business or other similar activity,**
  - b) **Necessary trips to visit family members or close persons,**
  - c) **Trips necessary to ensure basic life needs (such as purchase of food, drugs and medical devices, hygienic goods, cosmetics and other drugstore goods, animal food and other goods for animals), including the needs of relatives or close persons, ensure childcare, animal care, use of necessary banking and postal services, refilling of fuels, dumping of waste**
  - d) **Trips necessary to ensure needs and services as per letter c) for another person (e.g. volunteering, neighbor help),**
  - e) **Trips to medical or social services facilities, including necessary accompanying of related and close persons, and facilities of veterinary treatment,**
  - f) **Trips to handle urgent official matters, including necessary accompanying of related and close persons,**
  - g) **Pursuing professional activities or activities to ensure**
    1. **security, public order or solving of emergency situations,**
    2. **health protection, provision of healthcare or social care including volunteering,**
    3. **individual spiritual care and service,**
    4. **public mass transportation and other infrastructure,**
    5. **services for the population, including supply and take-away services,**
    6. **veterinary care,**
  - h) **Stay in nature or in parks,**
  - i) **Trips back to the place of residence,**
  - j) **Funerals;**
2. **It is ordered that:**
  - a) **Persons residing in the territory of the Czech Republic shall limit their movement in public only to the necessary time and remain in their place of residence with the exception of situations specified in point 1. letters a) to j),**
  - b) **Limit contacts with other persons to the necessary minimum,**

- c) Stay in public places together in the maximum of two persons, with the exception of household members, pursue of profession, business or other similar activity, participation at funerals, and to keep distance of at least 2 metres while in contact with other persons, if possible,
  - d) to consume food including drinks in the public at the point of its sale only if it is strictly necessary for the needs of the necessary refreshment, if the food is determined for immediate consumption and, in such a case, it is ordered to stand away for at least 10 metres from the shop, take-away window, etc.
3. The prohibition of free movement of persons referred to in point 1. shall not apply to sports at outdoor fields, parks, nature and other public open places if the following conditions are met:
- wearing of respiratory protective equipment (nose, mouth) preventing the spread of droplets, with the exception of outdoor sports grounds where persons or a group of persons doing sports are separated from other persons by a physical barrier (e.g. wall or fence) or by distance of at least 2 metres,
  - only two persons may sport together, with the exception of members of the household, or eventually are separated from other persons by distance of at least 2 metres,
  - related indoor sports premises, in particular public changing rooms, washrooms, showers and similar facilities in which the conditions provided above would not be met, shall not be used,
- These conditions shall apply to the trips connected to such sports grounds as well.
4. This extraordinary measure is issued with the effect as of April 11, 2020, 00:00 a.m. to the end of the state of emergency.

## II.

With effect as of April 11, 2020, 00:00 a.m., the extraordinary measure of April 6, 2020, ref.: MZDR 15190/2020-4/MIN/KAN shall be repealed.

## III.

**This extraordinary measure comes into effect on the day of its issuance.**

### **Rationale:**

The extraordinary measure is adopted in relation to the adverse development of the epidemiologic situation of the COVID-19 disease caused by the new coronavirus designated SARS-CoV-2 in Europe.

In view of the current outbreak of COVID-19 diseases in territory of the Czech Republic, as well as in the territory of most countries in the world, it is necessary to prevent further outbreak of COVID-19 disease declared by the World Health Organisation as a pandemic on March 11, 2020.

Since March 1, 2020, when COVID-19 disease was proven at the very first time to a patient in the territory of the Czech Republic, there has been an increase in the number of cases at

2,657 (as of March 28, 2020). The daily increase in the number of patients with newly proven COVID-19 disease in recent days exceeds 200 (March 25 - 291, March 26 - 259, March 27 - 373, March 28 - 262).

This measure is one of the important preconditions for preventing the outbreak of COVID-19 diseases caused by the new SARS-CoV-2 coronavirus in the Czech Republic. The coronavirus is transmitted from man to man by a close contact. It is a so-called droplet-based infection that spreads through the air. Most often the mucous membranes of the upper and lower respiratory tracts and the conjunctiva are infected. The incubation period is approximately between 2 and 14 days. The most common ways where viruses enter the human body are mucous membranes, i.e. mouth, nose, and also eyes. These places are like an open gate for viruses.

The aim of this measure is to restrict free movement of persons and contacts with other persons in order to avoid the spread of COVID-19 disease in the community to the maximum possible extent.

Extraordinary measure dated March 30, 2020, ref. No. MZDR 12745/2020-4/MIN/KAN, prohibiting free movement of persons in the territory of the Czech Republic, except for certain cases, is amended by another exception in order to allow sport at outdoor sports grounds, parks, nature, etc., nevertheless provided that most of the key measures to limit of the spread of the COVID-19 disease caused by the new SARS-CoV-2 coronavirus shall be maintained.

Provided that the described conditions are met, a wide range of sports can thus be performed, in particular:

- Running,
  - Walking,
  - Cycling,
  - Gymnastics,
  - Outdoor roller-skating or ice skating, skateboarding,
  - Horse riding,
  - Golf with no more than two persons in a group of players (in a flight),
  - Tennis, table tennis, badminton, volleyball, including beach volleyball, football tennis, always with a maximum of two players on each side of the field,
  - Skiing and snowboarding;
  - Water sports such as yachting, canoeing, rowing and windsurfing, not exceeding two persons in the ship,
  - Competitive shooting,
  - Martial arts,
  - Competitive aviation,
- provided that all these sports are done at outside sportsgrounds.

Healthy exercise, particularly in the form of the above-mentioned sports, contributes to maintaining good health of people, which helps to prevent development of diseases, including the COVID-19. However, at the same time, strict rules on the restriction of social contact and the spread of the droplets should continue to be respected at this level of the spread of COVID-19 disease in the territory of the Czech Republic.

An exemption from the order to use respiratory protection equipment (nose, mouth), preventing the spread of droplets, shall be permitted in the case of sports at outdoor sports grounds, when a group of persons doing sports is separated from other persons or

groups doing sports or eventually from other persons by a particular physical barrier (e.g. a fence separating tennis courts, football tennis courts or volleyball playgrounds), or the persons performing sports are separated by distance of at least 2 meters. It is obvious that sport typically involves more intense breathing and a mask or respirator makes it more difficult to breathe. In the case of water sports, wearing of mask could be dangerous, or even life or health-threatening.

It is ordered that a consumption of food in the public at the salespoint is only possible where necessary and at least 10 metres from the salespoint. Given the fact that a person has to take off a mask or other respiratory protective equipment during the consumption of food, it is necessary to provide additional conditions to avoid higher risks of the spread of the COVID-19 disease in the community.

*Signature*

**Mgr. et Mgr. Adam Vojtěch, MHA**

Minister of Health