



## INSTITUT ZA JAVNO ZDRAVLJE CRNE GORE

### ZDRAVSTVENO UPOZORENJE

Za putnike koji dolaze iz zemalja u kojima su potvrđeni slučajevi obolijevanja od infekcije izazvane novim koronavirusom (COVID-19)

Radi sprječavanja unošenja zarazne bolesti COVID-19 u Crnu Goru, suzbijanja i sprječavanja prenošenja u druge zemlje, zaštitite stanovništva od novog koronavirusa, kao i radi zaštite Vašeg zdravlja, **DUŽNI STE DA** preduzmete sljedeće mjere:

- ako osjetite simptome infekcije organa za disanje (povišena temperatura, kijavica, kašalj, curenje iz nosa, otežano disanje ili drugo):
  - odmah stavite masku preko usta i nosa;
  - pojačajte higijenu ruku (pranje topolom vodom i sapunom);
  - izbjegavajte kontakte sa drugim osobama;
  - koristite maramicu kada kijate ili kašljete;
  - pozovite telefonom epidemiološku službu nadležnu za područje u kome boravite (lista je data na kraju teksta). Od epidemiologa ćete dobiti uputstva o daljem postupku. Molimo vas da u potpunosti postupate u skladu sa dobijenim uputstvima.

### HEALTH WARNING

For travellers arriving from countries with registered cases of respiratory infections caused by novel corona virus (COVID-19)

**In order to prevent the introduction of the infectious disease COVID-19 into Montenegro, to suppress and prevent the spread to other countries, to protect the population from the novel coronavirus, as well as to protect your health, it is REQUIRED to take the following measures:**

- if you notice symptoms of a respiratory infection (fever, sneezing, cough, runny nose, difficult breathing or other):
  - put a mask on your mouth and nose;
  - increase hand hygiene (wash your hands with warm water and soap frequently);
  - avoid contacts with other persons;
  - use a tissue when sneezing or coughing;
  - make a phone call to responsible epidemiological service responsible for the territory of your residence (the list is provided at the end of this document). The epidemiologist will give you instructions for further procedures. We kindly ask you to follow these instructions completely.

Epidemiološka služba / <i>Epidemiological service</i>	Epidmiolog / <i>Epidemiologist</i>	Telefon / <i>Phone</i>	E-mail
Dom zdravlja <b>Bar</b>	dr Ljilja Jovićević	068/891-035	hesdzbar@t-com.me
Dom zdravlja <b>Ulcinj</b>	dr Adis Martinović	068/891-115	zdravstvoulcinj@t-com.me
Dom zdravlja <b>Budva</b>	dr Vesna Milutinović	069/327-287	epidemiologija.budva@gmail.com
Dom zdravlja <b>Tivat</b>	dr Jelena Mršulja	067/059 953	hes.dz.tivat@gmail.com
Dom zdravlja <b>Kotor</b>	dr Tatjana Lalović	069-613-422	ltatjana@t-com.me
Dom zdravlja <b>Herceg Novi</b>	Dr Stefa Glušac	067/072-068	epid.dz.hnovi@t-com.me
Dom zdravlja Nikšić ( <b>Nikšić, Plužine</b> )	Dr Ivona Drašković	067/805-828	hesdzniksic@hotmail.com
	Dr Redžep Zejnelagić	067/883-515	
Dom zdravlja Pljevlja ( <b>Pljevlja, Žabljak</b> )	Dr Biljana Čerkilović	067/613-695	hespv@t-com.me
Dom zdravlja Bijelo Polje ( <b>Bijelo Polje, Kolašin, Mojkovac</b> )	Dr Saša Jeknić	069-228-640	epid.dz.bpolje@t-com.me
Dom zdravlja Berane ( <b>Berane, Andrijevisa, Plav</b> )	Dr Marijana Marsenić	069-274-140	epid.dz.berane@t-com.me
Dom zdravlja <b>Rožaje</b>	Dr Sadat Šutković	068-725-460	hes.rozaje@hotmail.com
Institut za javno zdravlje Crne Gore ( <b>Podgorica, Cetinje, Danilovgrad</b> )		067/505-549; 020/412-819	epid.iph.mn@t-com.me