



# Nordic Walking and Orienteering as Recreational Activities on Health Promotion in Latvia: Covid-19 in the Shadow



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# What is COVID – 19

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified coronavirus, SARS-CoV-2, has caused a worldwide pandemic of respiratory illness, called COVID-19.

COVID-19 symptoms include cough, fever or chills, shortness of breath or difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, diarrhea, headache, new fatigue, nausea or vomiting and congestion or runny nose. COVID-19 can be severe, and some cases have caused death.

# How we can STOP COVID – 19



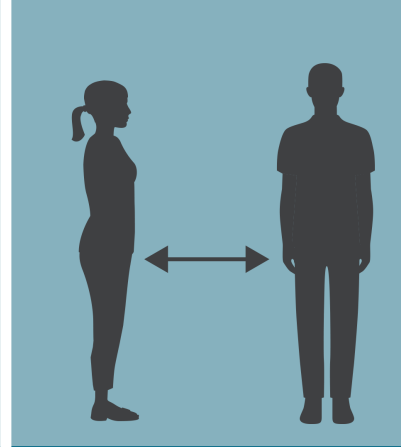
## Coronavirus: What you need to do



**Wash your  
hands**



**Wear a face  
covering**

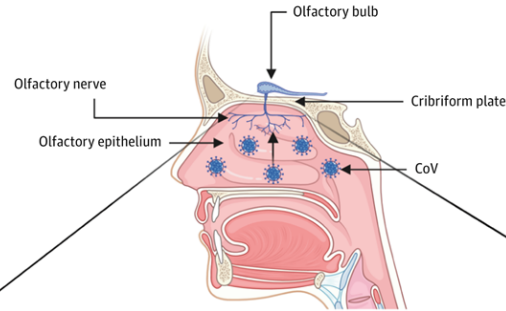


**Keep your  
distance**

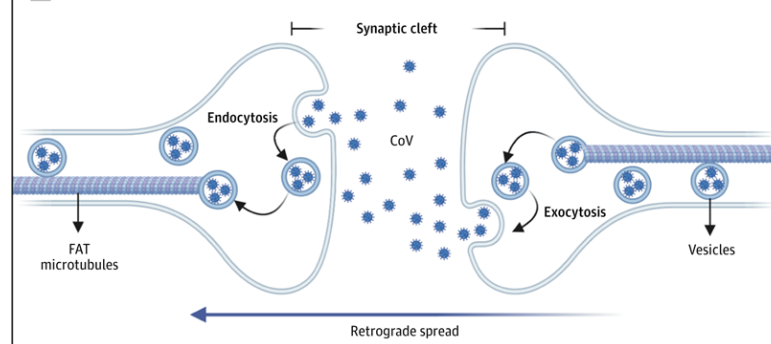


# How we infected with COVID - 19

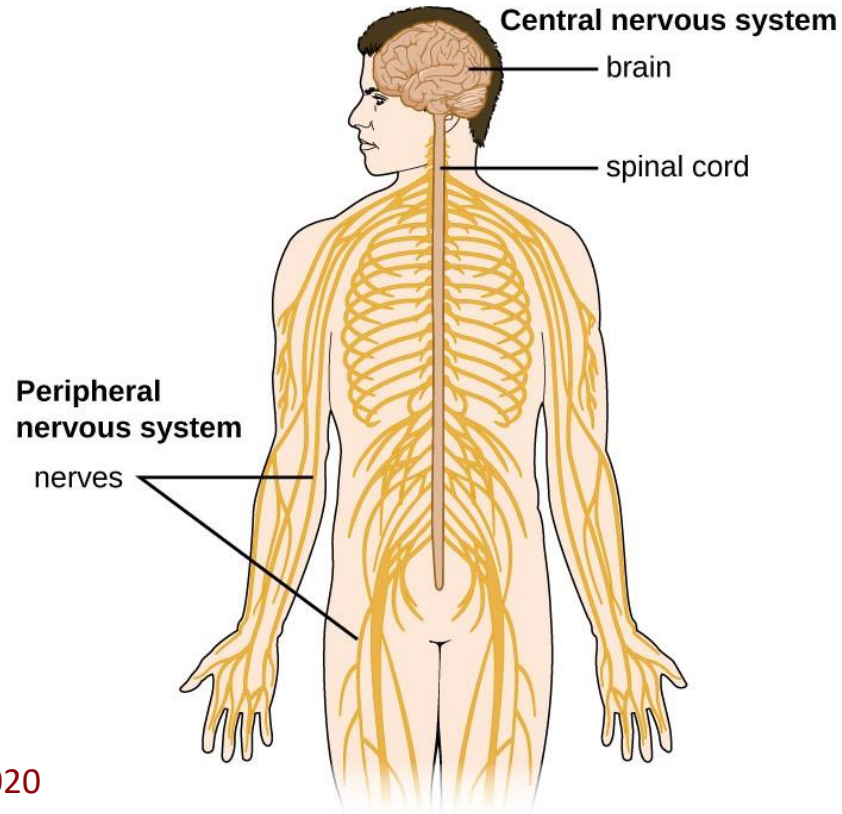
**A** Spread via the transcribrial route



**B** Spread via transsynaptic transfer

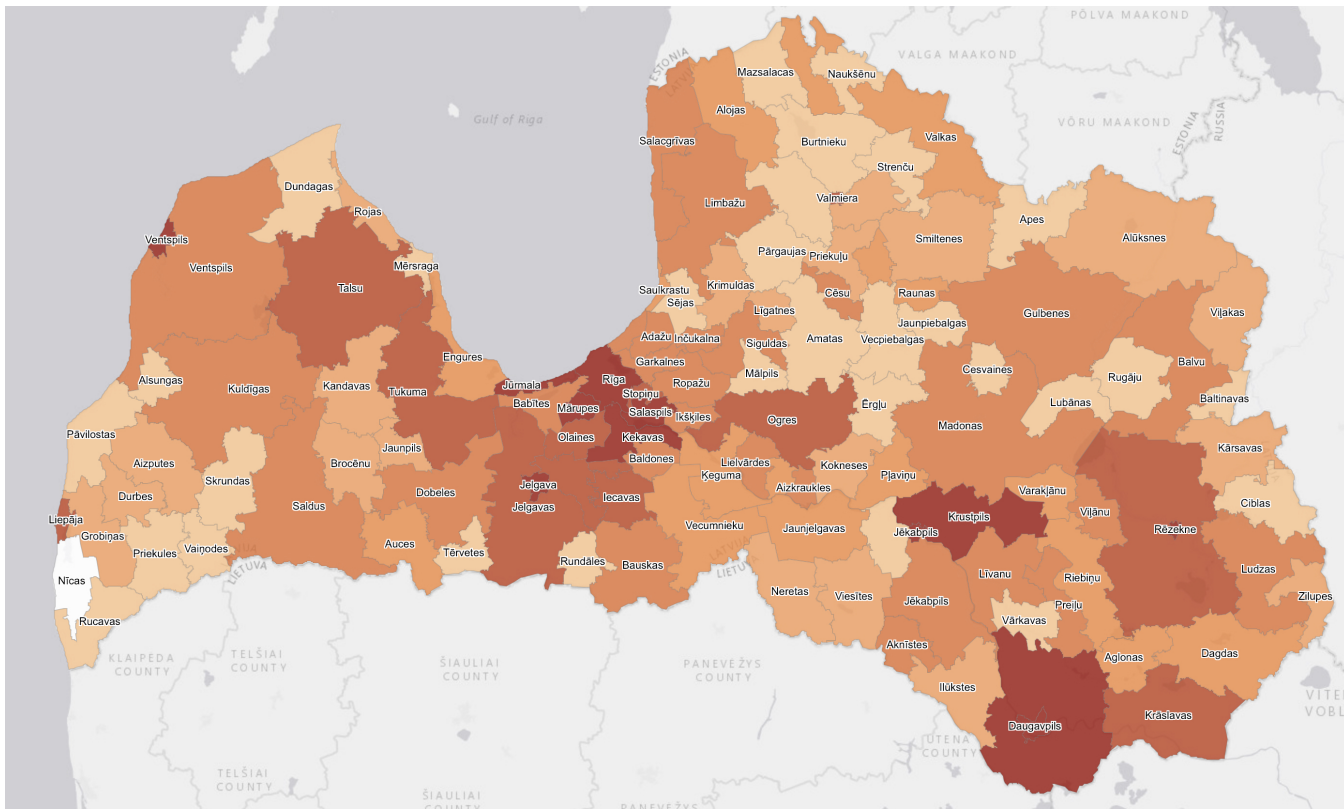


# COVID – 19 influence of people nervous system

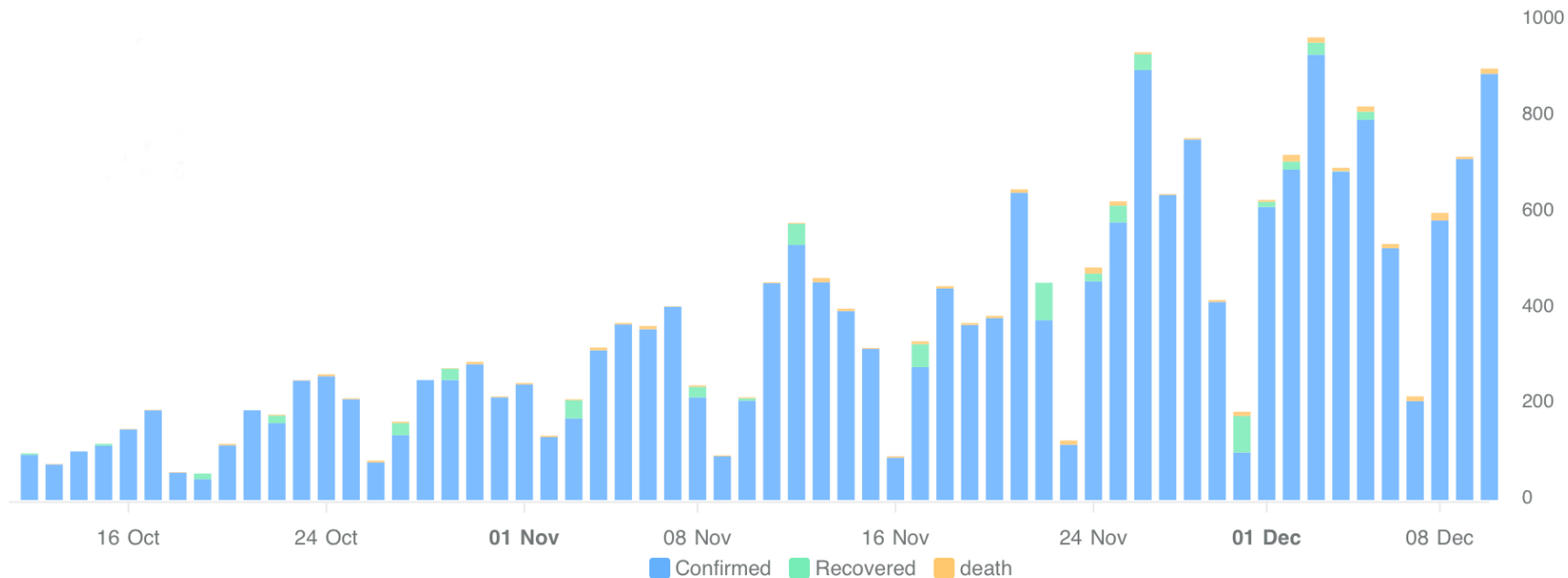


Zubair et al. JAMA Neural 2020

# Map of Latvia – confirmed people



# Statistic of COVID – 19 in Latvia



Numbers of COVID – 19 in Latvia on 11.12.2020.

Confirmed- 24386

Deaths- 319

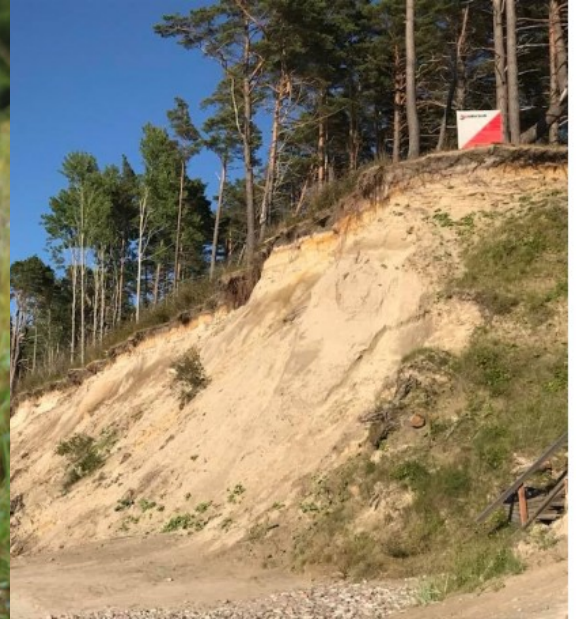
Recovered- 1866

# Nordic walking activities in COVID – 19 time





# Orientiering activities in COVID -19 time



# Outdoor sport activities regulations in Latvia

- Keep your distance from each other – 2 meter;
- 10 athletes and coach participate in the training;
- No competitions and other sports events;
- Desinfect your hands before and after training;
- Face masks not be used during training;
- An athlete and coach may participate in indoor sports activity (one by one).



# Summary

- At present, medical care in Latvia is in a difficult situation, as an emergency situation has been declared since 2020.12.10.;
- Follow national regulation;
- Up to 10 people may engage in outdoor physical activities within a distance of 2 meters;
- Hygiene requirements are observed;
- Stay safe and be healthy.

**Thank You For Your Attention!**

**Grazie per l'attenzione!**