

Novel coronavirus (COVID-19) Prevention When traveling

Before traveling:

- Ensure that the COVID-19 virus does not spread to the intended destination by checking this link:<https://t.co/6rNINVWkAi?amp=1>
- Benefits and risks related to upcoming travel plans must be evaluated based on the latest COVID-19 updates.
- Avoid traveling to areas where COVID-19 is common.
- Avoid traveling while having symptoms.
- In the event of an urgent need to travel, COVID-19 infection related precautionary measures should be noted.

While traveling:

- Avoid contact (direct and close contact) with people showing symptoms as fever, coughing or shortness of breathing
- Ensure practicing proper hand hygiene (washing hands frequently with an alcohol-based disinfectant or washing them thoroughly with soap and water), especially after direct contact with sick or infected people or their surrounding environment / personal items.
- When coughing and sneezing, be sure to cover your mouth and nose with your upper sleeve or elbow or use a tissue, and dispose of the tissue immediately after that, and wash your hands thoroughly like before mentioned.
- If you have a fever, cough and shortness of breathing, seek medical attention as soon as possible.
- Avoid eating raw or undercooked animal products. Raw meat, raw milk or animal organs should be handled with care to avoid the contamination of pollutants from uncooked foods, in accordance with good food safety practices.
- Avoid close contact with farm animals or wild animals, whether they are alive or dead, and avoid touching surfaces that come into contact with those animals.
- Comply with the instructions of the local authorities for any travel, movement or mass gathering restrictions .

When returning from travel:

- Travelers returning from any COVID-19 infected areas, must monitor themselves for fever by taking their temperature twice daily for 14 days and remain alert for respiratory symptoms.
- In the event of a mild cough, low-grade fever (i.e. a temperature of 37.3 ° C or more) or shortness of breathing, the individual should stay home and isolate himself. This involves avoiding direct or close contact (1 meter or closer) with other people including family members and Call 937 to notify about the latest travel details and symptoms.

For Help, Call 937

