

# Novel Coronavirus COVID-19 – Advice for travellers

On the 31<sup>st</sup> December 2019, the World Health Organization was informed of a cluster of pneumonia of unknown cause in Wuhan in Hubei province, China. On January 9<sup>th</sup>, 2020, a novel coronavirus (SARS-CoV-2) was identified as a cause. COVID-19 is the infectious disease caused by the most recently discovered novel coronavirus (SARS-CoV-2). Corona viruses are a group of viruses that usually cause respiratory infections of varying severity to humans and animals. It is estimated that almost one third of infections of the upper respiratory system in humans can be caused by corona viruses.

The overwhelming majority of cases have been reported in China. The novel coronavirus (SARS-CoV-2) is transmitted from human-to-human. Transmission has also been documented in health professionals. Infection caused by the novel coronavirus (SARS-CoV-2) can manifest with fever, cough, and shortness of breath, sore throat and in serious cases with pneumonia.

Confirmed cases have been reported worldwide, in Asia, the Middle East, Europe as well as in the United States of America, Canada and Australia. According to World Health Organization there are no travel restrictions up to this date.

## Advice for travellers

The risk for travellers is considered high. It is recommended that travellers avoid nonessential travel to areas with local transmission of COVID-19- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports> . There is no vaccine against this novel corona virus.

## If you are travelling to areas with local transmission of COVID-19 you should:

- Wash your hands regularly with soap and water or a disinfectant, especially after coughing or sneezing, before handling and consuming food.
- Avoid contact with animals (dead or alive), meat markets and meat products (such as raw meat).
- Avoid visiting live bird and animal markets.
- Avoid contact with patients who appear ill with respiratory symptoms.

## During your stay in areas with local transmission of COVID-19 you should:

- Postpone your trip if you have fever and/or respiratory symptoms such as cough or shortness of breath.
- Cover your mouth and nose with a tissue or with your elbow (not with your hands) when you cough or sneeze.
- Avoid contact with other people if you have fever and/or respiratory symptoms such as cough or shortness of breath.

## After your return from areas with local transmission of COVID-19:

- Watch your health closely for 14 days.
- If you develop fever and/or respiratory symptoms such as shortness of breath or cough 14 days after you have returned, it is recommended that you stay indoors and immediately seek medical attention mentioning your recent trip, or contact the National Public Health Organization (1135, 210-5212054).