

Recommendations Related to a New Coronavirus (2019-nCoV) for International Travelers

What should international travelers do to protect themselves and others from the new Coronavirus (2019-nCov)?

General Precautions for Passengers:

Every person planning a trip should be informed and advised on the potential dangers to the countries he / she has chosen to travel. He / she should be also informed how to minimize the risk of contamination and how to protect his / her health from potential dangers.

Travel-related Risks:

Places where overnight stay / hotel, hygiene and sanitary conditions, as well as water quality and medical services are of high standards, pose little health risks for travelers (both for business and tourism purposes) except for the places where new coronavirus (COVID-19) cases have been reported. And the places where overnight stays / hotels are of low quality, clean (good quality) water is not available, hygiene and sanitary conditions, as well as medical services are inadequate, present serious risks of contamination and great danger to the health of travelers.

When identifying coronavirus symptoms, passengers should contact medical personnel before, during or after the journey, and share their travel history to ensure timely and accurate diagnosis. Public health should provide travelers with all the information they need to reduce the general risk of respiratory infections.

General tips for travelers:

- Refuse to travel if you have a high temperature and cough.
- If you experience high fever, coughing and shortness of breath during your journey, seek medical service as soon as possible and share your travel history with your doctor.
- Avoid contact with people who have cough and fever.
- Wash your hands frequently with alcohol-based solutions or soap and water.
- Avoid touching nose, eyes and face with hands.
- When coughing or sneezing, cover your nose and mouth with a bent elbow or tissue / disposable paper towel. Then throw the tissue / disposable paper towel immediately and wash your hands.
- If you decide to wear a protective mask, make sure it covers the nose and mouth, and do not touch it after it is done. Dispose a disposable mask after each use and wash your hands immediately.
- Eat only thermally prepared foods.
- Avoid spitting in public places.

- Avoid close contact with sick animals as much as possible.

While on the plane:

- Strictly follow the rules of personal hygiene:
- Wash hands with soap and water before meals, or use an alcohol-based handrub solution;
- After using the toilet, wash hands with soap and water, or use an alcohol-based handrub solution;
- Avoid close contact with sick people with fever and cough;
- If you become ill during your journey, immediately notify the crew and request medical care.

If you experience the following symptoms as high fever, cough, shortness of breath **during the last 2 weeks of your trip,**

You have to:

- Contact your health care provider immediately;
- Tell your doctor about your journey and your symptoms;
- Avoid contact with other people;
- Do not travel during illness;
- Cover your face and nose with a handkerchief or sleeve of your cloth (and not by hand) during coughing and sneezing;
- Wash your hands frequently with soap and water for at least 20 seconds, and if you do not have them, use an alcohol-based disinfectant.

For more information you can call:

1505 (24/7) - Ministry of Internally Displaced Persons from the Occupied Territories, Labour, Health and Social Affairs of Georgia or visit www.moh.gov.ge;
<https://www.facebook.com/mohgovge/>

116001 (Monday-Friday, 10: 00-18: 00) - National Center for Disease Control and Public Health or visit www.ncdc.ge;
<https://www.facebook.com/ncdcgeorgia/>

Each person's responsibility is important!

Wish you health!