

Advice for travellers re: COVID-19

There is no vaccine against this novel coronavirus. However, you should take precautions in order to minimise the risk of transmission including:

- If you are elderly or have pre-existing health issues, you should be aware that if you are infected with COVID-19 you could be at increased risk of severe infection.
- Hand hygiene is important for everyone; wash hands regularly with soap and water or a disinfectant, especially after coughing and sneezing, before handling and consuming food.
- Use disposable tissues when coughing or sneezing and dispose of used tissues carefully and promptly.
- Avoid close contact with people who appear unwell and avoid sharing personal items.
- Avoid visiting live bird and animal markets, backyard or commercial poultry farms and do not touch wild or domestic birds (alive or dead).
- Avoid any contact with animals, birds or surfaces that may be contaminated with animal or bird droppings.
- Do not eat or handle undercooked or raw meat including poultry, egg or duck dishes.
- Use of masks outside clinical settings are **NOT** recommended to protect against the virus. Should you decide to use a mask, you should ensure you continue to use all the recommended precautions in order to minimise the risk of transmission.
- Travellers should be aware that direct flights inbound to the UK from countries or areas affected by COVID-19 may be subject to enhanced monitoring, including measures to provide advice to travellers if they feel unwell.
- Several countries have announced restrictions on entry for travellers from countries affected by COVID-19.
- Travellers should check the latest FCO travel advice (including entry requirements) for their destination and check with their airline/tour operator before travel.

In addition to the points above, consider the general advice for preventing the spread of respiratory viruses [3]:

- Wash your hands often with soap and running water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- If you feel unwell, stay at home, do not attend work or school.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash hands with soap and water.
- Clean and disinfect frequently touched objects and surfaces in the home and work environment.

Advice if you become unwell abroad

If you develop symptoms of cough or fever or shortness of breath (even if minor) while abroad or during travel, you should immediately:

- Stay indoors and avoid contact with other people, as you would with the flu.
- Call your health provider and/or insurance company to discuss what you should do.
- Follow local public health guidance if available.
- If you become unwell at an airport, bus or train station before or during a trip, seek medical attention and do not start or continue your journey.
- Once you have fully recovered, check with your health provider if you are fit to travel, before any onward travel.

Please use the following link for information on returning travellers.

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>