

# 2019 NOVEL CORONAVIRUS Acute Respiratory Disease (2019-nCoV ARD)

## HEALTH ADVISORY

For Outgoing Travelers



### PREVENTIVE MEASURES



Wash hands often with soap and water for at least 20 seconds.



Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your mouth and nose with a tissue or sleeve when coughing and sneezing.



Dispose tissue in a waste can.



Maintain distance from individuals manifesting with flu-like symptoms.



Avoid animals (alive or dead), animal markets, and products that come from animals (i.e. uncooked meat)

### WHAT TO DO

Avoid traveling to places with known novel coronavirus cases.



Strictly follow advisories and public health plans of the country you are going to visit or stay.



Know the health facility/ies nearest to your location.

