



NATIONAL PUBLIC
HEALTH ORGANIZATION



MINISTRY OF HEALTH

ARE YOU TRAVELLING TO REGIONS* OF CHINA AFFECTED BY THE NOVEL CORONAVIRUS (2019-nCoV)?

PROTECT

YOURSELF FROM RESPIRATORY ILLNESS CAUSED BY THE NOVEL CORONAVIRUS (2019-nCoV)

1 **Avoid close contact with** (live or dead) farm or wild **animals**, animal, poultry, and seafood markets

2 **Avoid contact with sick people** suffering from acute respiratory symptoms

3 **Take care of your personal hygiene:**

- **wash your hands often** with soap and water or use an alcohol-based hand sanitizer
- **cover your nose and mouth** with a tissue during coughing or sneezing
- **avoid touching your eyes, nose, and mouth** with unwashed hands

4 **If you become ill during travel**, seek medical attention immediately and postpone your return trip until you have fully recovered

AFTER RETURNING FROM AREAS AFFECTED BY NOVEL CORONAVIRUS:

If within **14 days** you develop:

- ▶ **fever ($\geq 38^{\circ}\text{C}$)** and
- ▶ **respiratory symptoms** (e.g. cough, shortness of breath)

Seek medical attention and inform your doctor about your travel history or contact the National Public Health Organization (NPHO) (tel: **+30 210 5212054**)

*Reported first in Wuhan city