**COVID-19 Recommendations for Travelers**

According to the WHO (World Health Organization), restricting the movement of people and goods have proven to be non-effective during public health emergencies. However, these measures may prove temporarily useful and justified at the beginning of an outbreak for a country to win time, even if only a few days, to rapidly implement effective measures.

According to the CDC  (Centers for Disease Control and Prevention) in the USA the spread of viruses and germs in aircrafts is not easy because of how the air circulated and is filtered. However, it is recommended to consider the following recommendations at the different stages of a trip:

1. ***Before Traveling***
2. Consider cancelling or postponing your trip. It is advised by the CDC  to **avoid all nonessential international travel because of the COVID-19 pandemic.** This is especially advised for sick people travelling to affected areas.
3. Be aware of the temporary **restrictions implemented by the country to which you are travelling**. Many countries are implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice.
4. **Contact the airline** to request more information regarding your travel. Airlines have cancelled many international flights and in-country travel may be unpredictable.
5. ***While Traveling***
6. **Take the following measures** to reduce the risk of being infected:

* Avoid contact with sick people.
* Avoid touching your eyes, nose, or mouth with unwashed hands.
* Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  + It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
* Make sure you are up to date with your routine vaccinations, including measles-mumps-rubella (MMR) vaccine and the seasonal flu vaccine.

1. **Expect exit and/or entry screening.** Some countries are performing exercises such as measuring the temperature of travelers and asking questions about your health and travel history.
2. ***After Traveling***
3. **Stay home and avoid contact with others**. It is advised to stay home for **14 days** after having travelled, especially when coming from affected areas. The recommended distance to avoid spreading or contracting the virus is of 6 feet (2 meters).
4. **Monitor your health.** Be aware of any of the following **symptoms:**

* fever
* tiredness
* dry cough.
* shortness of breath
* aches and pains
* sore throat
* diarrhea
* nausea
* runny nose.

According to the WHO, the first three are the most common symptoms whereas the last three are the less commonly reported.

1. **If experiencing symptoms:**

* People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral.
* People with fever, cough or difficulty breathing should call their doctor and seek medical attention.

For more information consult the World Health Organization website and the recommendations from your country. In the US follow the CDC guidelines.

***Sources:***

(2020) Key considerations for repatriation and quarantine of travelers in relation to the outbreak of novel coronavirus 2019-nCoV. , World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

(2020) Travel: Frequently Asked Questions and Answers. , Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>