

PREVENTIVE TRAVEL NOTICE TO THE UNITED STATES OF AMERICA AND AREAS WITH LOCAL COMMUNITY TRANSMISSION OF CORONAVIRUS DISEASE (COVID-19) CAUSED BY SARS-COV-2

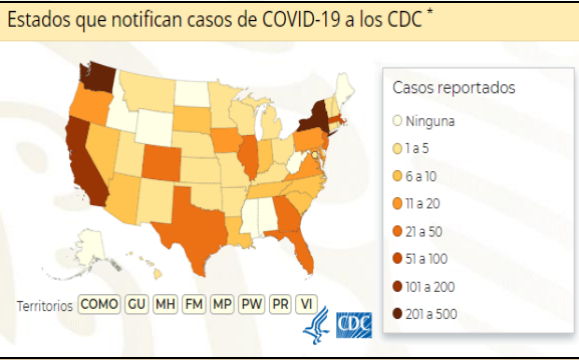
12th | March | 2020

[UIES-AVISO-VIAJE-COVID-19-v08-2020] →

Key Points:

- **Coronavirus Disease (COVID-19)**, caused by a **new coronavirus (SARS-CoV-2)** has been in circulation worldwide since December 31st, which is transmitted **from person to person**. An increasing number of cases have been identified in various countries this year, including Mexico.
- The **COVID-19** epidemic was declared by *World Health Organization* as a **Public Health Emergency of International Concern (PHEIC)** on January 30th, 2020.
- On March 11th, 2020, **WHO declared** the current epidemic of COVID-19 as a **pandemic**.
- **There is currently NO vaccine or specific treatment against this new virus.**
- In the United States of America (USA) 1,215 cases have been reported, of which 988 are under investigation, 125 cases are related to travel and 102 cases of transmission from person to person.
- Of the 50 US states, 42 states and the District of Columbia have reported cases

Risk Level
<p>Level 2 MEDIUM Practice improved precautions for this destination. The Travel Health Notice describes the additional precautions added, or defines a specific population at risk.</p>



Symptoms:

- **Fever and/or cough or any of the following: difficulty breathing, muscle pain, headaches, joint pain, sore throat.**
- It has the **potential to cause severe respiratory disease (respiratory distress) and death.**

Areas with local community transmission:

The **states** that currently concentrate the majority of confirmed cases of COVID-19 in the United States of America are

- **California**
- **New York**
- **Washington**

Before Travelling:

- **Practice additional precautions for this destination**, during and after your trip.
- **There is no travel restriction to affected country**, it is necessary to apply preventive measures if you travel to some of the areas affected by the epidemic.
- Make sure you are up-to-date on your routine vaccines before the trip according to your age group.
- **Maintain and strengthen** general prevention and contact measures to avoid getting sick.

During your travel:

- **Wash your hands frequently**, especially after contact with animals, live or dead, or **people** who may be **sick or infected**. (Use soap and running water for at least 20 seconds. Also, you can use 70% alcohol-based gel solutions for hand cleaning).
- Only eat **well-cooked foods** and drink **water** that has been **disinfected** or commercially **bottled**.
- Use the inside of your elbow when coughing or sneezing.
- **Avoid contact with sick people.**
- Avoid crowded places or events where a large number of people attend.
- Avoid contact with live or dead animals, animal markets, and products that come from animals such as raw meat.
- Use surgical mask covering your nose and mouth, if you can't avoid some of these situations.
- If you get sick during your stay, seek medical attention and avoid self-medicating.
- Stay informed of the situation at your destination.

After travelling:

- If you traveled to **California, New York or Washington** in the **last 14 days** and on your return to Mexico you have symptoms of acute respiratory disease seek immediate medical attention and do not self-medicate.
- Before going to emergency rooms or hospitals **inform health staff about your travel.**
- **If symptoms occur, avoid exposing others, follow prevention measures, use surgical masks and include washing with soap and water and cleaning with alcohol-based gel solutions.**

Additional Information:

Secretariat of Health	www.salud.gob.mx / https://www.gob.mx/salud/documentos/nuevo-coronavirus-2019-ncov-comunicado-tecnico-diario?state=published
Centers for Disease Control and Prevention USA	https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html
World Health Organization	https://www.who.int/emergencies/diseases/novel-coronavirus-2019

For any doubt you can contact the **EPIDEMIOLOGICAL AND HEALTH INTELLIGENCE UNIT** at **55 5337-1845** or **800-0044-800**, where you will be attended by highly trained personnel 24 hours a day.