



PREVENTIVE TRAVEL NOTICE TO COUNTRIES WITH LOCAL COMMUNITY TRANSMISSION OF THE NEW CORONAVIRUS (COVID-19)

12th | March | 2020

[UIES-AVISO-VIAJE-COVID-19-v07-2020] →

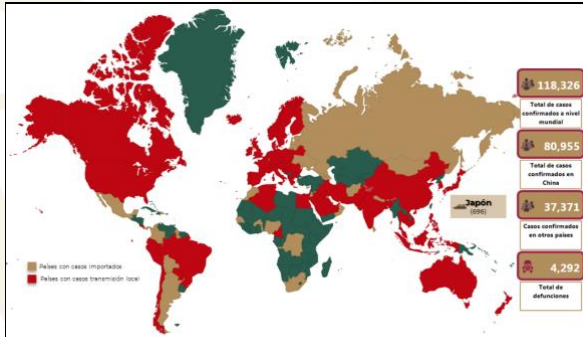
Key Points:

- **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.**
- As of March 11th, 2020, **118,322 confirmed cases**, including **4,292 deaths** have been reported globally, affecting **113 countries**.
- **Sustained local transmission of COVID-19 at the community level has been documented in China (including Hong Kong), Republic of Korea (South), Japan, Singapore, Iran, Italy, France, Germany and Spain.**

Risk Level

Level 3 HIGH

Avoid all non-essential trips to these destination. The possibility of getting sick from this event is high, and there are no specific prevention measures against this disease.



- 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.**

- Countries with local community transmission *:**
- **China**, including **Hong Kong** (80,955 cases)
 - **Iran** (8,042 cases)
 - **Republic of Korea (South)** (7,755 cases)
 - **Germany** (1,296 cases)
 - **Japan** (568 cases)
 - **Spain** (1,639 cases)
 - **Singapore** (166 cases)
 - **France** (1,774 cases)
 - **Italy** (10,149 cases)

Before travelling:

- **AVOID NON-ESSENTIAL TRAVEL TO THESE DESTINATIONS.** If traveling, consider additional precautions during and after your trip.
- **There is no travel restriction to affected countries**, it is necessary to apply preventive measures if you travel to these countries affected by the epidemic.
- Make sure you are up-to-date on your 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, live or dead animals, 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 **countries / areas with local community transmission *** 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>
- 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.