

PREVENTIVE NOTICE OF INTERNATIONAL TRAVEL FOR COVID-19 PANDEMIC CAUSED BY SARS-CoV-2

31 | March | 2020

[UIES-NOTICE-TRAVEL-PANDEMIC-COVID19-GLOBAL-v09-2020] →

Key Points:

- **Coronavirus disease (COVID-19)**, caused by **SARS-CoV-2** maintains **continuous and widespread transmission worldwide**, is **transmitted from person to person**; direct contact, droplets/saliva spray of sick people or contact with surfaces and objects contaminated by them.
- The **COVID-19** pandemic is considered by the World Health Organization to be a **Public Health Emergency of International Concern (PHEIC)**.
- There is currently **NO vaccine or specific treatment for this virus**.
- Mexican citizens may have restrictions on returning to Mexico.
- Health services, in various parts of the world, may be limiting their access to foreign individuals.
- As of 31 March 2020, **754,948 cases** have been confirmed globally, including **36,571 deaths**, **203 countries** have reported cases on **five continents**.
- People from abroad who do not participate in essential work activities in Mexico are encouraged to comply with co-responsible home isolation and the voluntary limitation of mobility from 30 March to 30 April 2020.

Risk Level

LEVEL 3 HIGH

Avoid all non-essential international travel.

The chance of getting sick from this event is high, and there are no specific prevention measures against this disease.



Symptoms: Acute Respiratory Disease.

- Fever, cough, and headache. It can be accompanied by sore throat, runny nose, general discomfort and conjunctivitis.
- In **severe cases**: Difficulty breathing and chest pain.

People most at risk of complications include:

- People over 60 years old.
- People with chronic or respiratory diseases (diabetes, high blood pressure, cancer, obesity, asthma, or COPD).
- People with immune system diseases or immunosuppressive treatment. (e.g. HIV, multiple sclerosis)
- Pregnant Women.
- People with smoking habits (cigarettes or vapers).

Before Travelling:

- **Avoid all non-essential international travel.** Preferably **postpone your trip**.
- **Some countries have implemented specific restrictions or preventive measures (including isolation and quarantine of travelers)**, check the official sites of the countries, embassy of the destination country; or with your airline.
- If you have to travel, register with the **Registration System for Mexicans Abroad** [sirme.sre.gob.mx] so that Mexican consular or diplomatic officials can locate you if necessary; and refer to the **Traveler's Guide** [guiadelviajero.sre.gob.mx].
- **Consider additional precautions:** • Make sure you are up-to-date on your routine vaccines before the trip according to your age group, reserve the medications you usually take, for your chronic conditions and consult your doctor.

During your travel:

- **Wash your hands frequently**, especially after contact with animals, living 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 gel-based solutions for hand cleaning), and avoid touching your face.
- 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 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 for medical attention and avoid self-medicating.
- Stay informed of the situation at your destination.
- **Avoid contact with sick people.**

After travelling:

- If you traveled **internationally** in the **last 14 days** and on your return to Mexico and 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 you have symptoms avoid exposing others, follow prevention measures, use surgical masks and include hand washing with soap and water and cleaning with alcohol-based gel solutions.**

Additional Information:

- Health Secretariat <https://coronavirus.gob.mx/>, Comunicado Técnico Diario
- 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.