



PREVENTIVE TRAVEL NOTICE

PEOPLE WHO RETURN OR ARE REPATRIATED FROM INTERNATIONAL CRUISES FOR COVID-19 PANDEMIC

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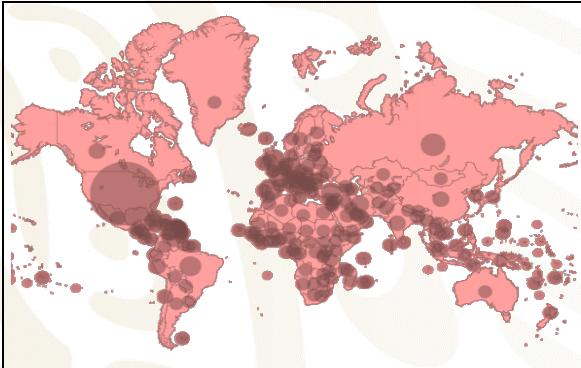
Key Points:

- **COVID-19 is caused by SARS-CoV-2, it is transmitted from person to person. The disease maintains a continuous and world spread transmission.**
- The infection risk for passengers and crew is remarkable.
- Cruise ship passengers are at risk of getting respiratory diseases, including COVID-19.
- COVID-19 outbreaks have been reported in several cruise ships around the world.
- **Currently, some countries could be limiting their healthcare access to foreigners.**
- People who are being returned or repatriated from cruises in Mexico must stay at home for 14 days after returning from the trip, monitor their health and practice social distancing.
- For current information on the pandemic situation in Mexico and the world, consult the Daily Technical Report.

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 of COVID-19

- Fever, cough and headache. It can be accompanied by sore throat, runny nose, fatigue, body aches and conjunctivitis.
- **In severe cases:** Shortness of breath and chest pain.

People at highest complications risk include:

- People over 60 years old.
- People with chronic and/or respiratory disease (diabetes, high blood pressure, cancer, obesity, asthma, or COPD).
- People with immune system disease or under immunosuppressive treatment. (e.g. HIV, multiple sclerosis)
- Pregnant women
- Smokers and vapers.

If you return to an international port or disembark from an international cruise:

- Your plans during the return trip could be affected. Foreign health officials could implement formal quarantine procedures if they identify or suspect of COVID-19 cases aboard the cruise ship.
- International commercial flights are limited.
- If you travel on a cruise ship and disembark in a foreign port, you may not receive appropriate medical care.
- Some countries may deny permission for your boat or cruise to dock or not allow passengers to disembark.

What to do if you get sick?

- If you become ill and have fever or cough within 14 days after returning from your trip:
- Stay at a safety distance from others (approximately 2 meters). You could have COVID-19; most people get recovered without requiring medical attention.
 - Monitor your symptoms and stay at home for 14 days, avoid contact with other people and stay in isolation.
 - If you are part of the high-risk group for complications and have any symptoms, you must seek for medical care immediately.
 - If you have shortness of breath or your symptoms worse, seek medical care immediately.
 - If you need essential medical care for other reasons (e.g. dialysis), wear a face mask and **inform your recent cruise trip to health care practitioners.**

After travelling:

- If you travelled on an **international cruise** in the **last 14 days**, at your return to Mexico, be aware for symptoms of acute respiratory illness and seek for medical care immediately; try to avoid self-medication.
- Stay at home.
- Take your own temperature with a thermometer twice a day.
- Stay at a safety distance from others (approximately 2 meters).
- Before going to an emergency room or hospital **inform your recent cruise trip to health care practitioners.**
- Wear a filter mask or a surgical mask.
- **If you experience symptoms avoid to transmit the infection to others, following the preventive measures, wearing a surgical masks and frequently washing your hands with soap and water or alcohol-based gel solutions.**

Additional Information:

- Secretaría de Salud <https://coronavirus.gob.mx/>
- Organización Mundial de la Salud <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.