



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

20 | October | 2020

[UIES-NOTICE-TRAVEL-PANDEMIC-COVID19-GLOBAL-v10-2020] →

Key Points:

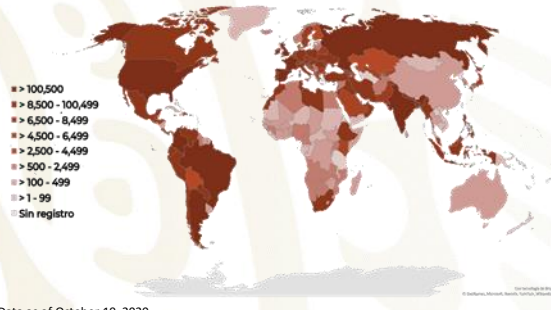
- **Coronavirus Disease (COVID-19)**, caused by **SARS-CoV-2** maintains a **continuous** and **generalized transmission worldwide**, it is **transmitted from person to person**; by direct contact, droplets / aerosols of saliva from sick people or contact with surfaces and objects contaminated by them.
- **Nowadays there is NO vaccine or specific treatment against this virus.**
- Mexican citizens may have restrictions to return to Mexico and when entering other countries.
- The **WHO does not advise mandatory quarantine**, but some countries may carry it out as one of their containment measures (See the measures implemented by the country of your destination in their embassies or Web pages).
- With information from the WHO weekly report published on October 20, 2020, globally **40,118,133 cases** have been confirmed including **1,114,749 deaths, 216 areas, territories, and countries**; have reported cases on all five continents. (For updated information in Mexico and the world see the Daily Technical Report).
- The pandemic continues to be active with different intensity in different regions of the world.
- **At all times, practice the recommended preventive measures to avoid contagion (frequent handwashing or, where appropriate, use of alcohol-gel, correct use of a mask, sneeze or cough on the inside of the elbow, keep a healthy distance).**

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.

Active Cases



Data as of October 19, 2020.

Symptoms: Viral Respiratory Disease

- Fever, cough, and headache. It can be accompanied by a body ache, sore throat, chills, runny nose, loss of smell and taste.
- In **severe cases**: shortness of breath, rapid breathing, and chest pain.

People most at risk for complications are:

- People over 60 years.
- People with chronic or respiratory diseases (diabetes, high blood pressure, heart disease, cancer, obesity, asthma, or COPD).
- People with diseases of the immune system or immunosuppressive treatment (for example: HIV / AIDS, multiple sclerosis, lupus).
- Pregnant women.
- People who smoke or use vapers.

Before Travelling:

- **AVOID NON-ESSENTIAL INTERNATIONAL TRAVEL**, preferably postpone your trip.
- **Some countries have implemented specific restrictions or preventive measures** (they may include isolation and quarantine of travelers, as well as certificates or laboratory tests upon arrival in the destination country), consult 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** so that **Mexican consular or diplomatic officials can locate you if necessary; and refer to the Traveler's Guide.**
- **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.
- **Get the seasonal flu vaccine 21 days prior to travel** (due to the 2020-2021 flu season).

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 many people attend.
- Avoid contact with live or dead animals, animal markets, and products that come from animals such as raw meat.
- **Use 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** upon your return to Mexico, check if you have symptoms of acute respiratory disease, if so, seek immediate medical attention if you have symptoms and are among the people with the highest risk of presenting complications 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 measure, use surgical masks, and include handwashing with soap and water and cleaning with alcohol-based gel solutions; as well as maintaining adequate physical distancing.**

Additional Information:

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