

PREVENTIVE NOTICE OF INTERNATIONAL TRAVEL FOR COVID-19 PANDEMIC CAUSED BY SARS-CoV-2 AND ITS GENETIC VARIANTS [UPDATE]

26 | January | 2021

[UIES-NOTICE-TRAVEL-PANDEMIC-COVID19-GLOBAL-v01.01-2021] →

Key Points:

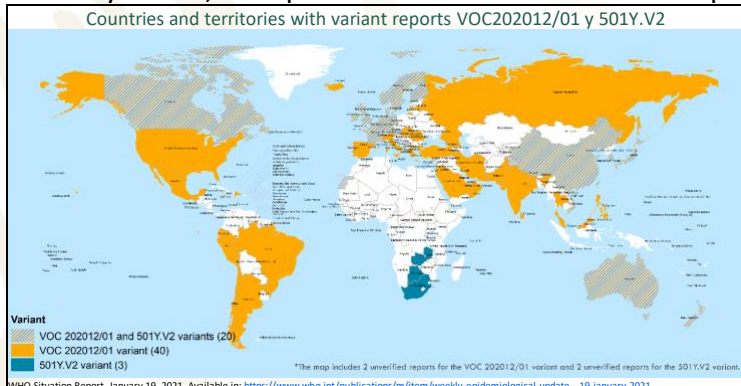
- **Coronavirus Disease (COVID-19)** caused by **SARS-CoV-2** maintains a continuous and **generalized transmission worldwide**, it is **transmitted from person to person**; by direct contact, saliva droplets / aerosols from sick people or contact with contaminated surfaces and objects.
- There is currently **NO** specific treatment against this virus; and authorized vaccines are applied according to the **National Vaccination Policy against the SARS-CoV-2 virus**.
- Until January 26, 2021, **99,363,697 cases**, including **2,135,959 deaths**, have been confirmed **globally in 222 areas, territories and countries**; on the five continents.
- In Mexico, 1,788,905 confirmed cases have been registered, including 152,016 deaths (for updated information in Mexico and the world see the Daily Technical Communication document).
- Until January 18, 2021, it has recently **been detected in ten countries (Brazil, Canada, Chile, Argentina, Dominican Republic, Ecuador, USA, Jamaica, Peru, and Mexico) in the Americas region, the circulation of two variants of SARS-CoV-2 that have been associated with increased transmissibility** in the **United Kingdom and South Africa**.
- Practice recommended preventive measures at all times to avoid contagion (wash your hands frequently or, use alcohol gel, use face mask correctly, sneeze or cough on the inside of your elbow, and keep a minimum distance of 1.5 meters from other people).

Risk Level

LEVEL 3 - HIGH

Avoid all non-essential international travel.

The possibility of getting sick from this event is high, and there are no specific preventive medical measures against this disease.



- 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 at most 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** for another time.
- **Some countries have implemented restrictions or specific preventive measures** (may include isolation and quarantine of travelers, as well as certificates or laboratory tests upon arrival in the country of destination).
- In case you have to travel, register in the Registration System for Mexicans Abroad and consult the **Traveler's Guide** of the Ministry of Foreign Relations at the following link: <https://guiadelviajero.sre.gob.mx/>

During your travel:

- **Wash your hands frequently** (use soap and water for at least 20 seconds; you can also use 70% alcohol gel solutions for hand hygiene) and avoid touching your face.
- Use the inside of your elbow when coughing or sneezing.
- **Avoid contact with sick people and crowded places or attending mass gatherings.**
- Avoid contact with live or dead animals, animal markets, and products that come from animals such as raw meat.
- **Use face mask covering nose y mouth.**
- If you become ill during your stay, seek medical attention, and avoid self-medicating.
- Stay informed of the situation at your destination.

After Travelling:

- If you traveled **internationally**, especially to the **United Kingdom and South Africa**, to **any of the countries with circulation of these new variants**, or to countries with transmission of SARS-CoV-2, in the **last 14 days**, upon your return to Mexico, **check if you have symptoms of acute respiratory illness**, if so, **seek immediate medical attention**. Don't self-medicate.
- Before going to emergency rooms or hospitals, **inform the health staff about your travel**.
- **If you have symptoms, avoid exposing others, follow preventive measures, use surgical masks, and include handwashing with soap and water and cleaning with alcohol gel-based solutions; as well as maintaining adequate physical distancing.**

Additional Information:

- Health Secretariat <https://coronavirus.gob.mx/>
- Secretariat of Foreign Relations <https://guiadelviajero.sre.gob.mx/>
- World Health Organization <https://www.who.int/es/emergencias/diseases/novel-coronavirus-2019>

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