



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

16 | August | 2021

[UIES-AVISO-VIAJE-PANDEMIA-COVID19-GLOBAL-v12.03-2021] →

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.
- **Currently there is NO specific treatment against the virus. Authorized vaccines are applied according to the National Vaccination Policy against the SARS-CoV-2 virus for emergency use.**
- As of August 11, 2021, 204,644,849 cases have been confirmed globally, including 4,323,139 deaths.
- Recently, with the emergence of Variants of Concern (VOC), countries worldwide are experiencing an increase in cases and hospitalizations.
- VOC Delta has been identified in 142 countries. The evidence so far suggests that this variant could be more transmissible, therefore it is essential to apply and maintain preventive measures to avoid contagion in case of traveling.

Symptoms: Viral respiratory disease.

- **Mild:** Fever, cough, and headache. These symptoms can be accompanied by a body aches, sore throat, chills, runny nose, loss of smell and taste.
- **Severe:** 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.
- Pregnant women.

Before travelling:

- **AVOID NON-ESSENTIAL INTERNATIONAL TRAVEL.** Preferably postpone your trip for another time.
- **Some countries have implemented specific restrictions or preventive measures** (*They may include the isolation and quarantine of travelers, as well as certificates or laboratory tests upon arrival in the country of destination; vaccination certificates, with specific vaccines approved only by local regulatory agencies*). For more information, please consult the sites of the Embassies and Consulates in Mexico of the country you are traveling to.
- In case you have to travel, register in the **Registration System for Mexicans Abroad** and refer to the **Traveler's Guide** of the Secretariat of Foreign Affairs through the following link: <https://guiadelviajero.sre.gob.mx/>

During your travel:

- Stay informed of the COVID-19 pandemic situation at your destination.
- **Wash your hands frequently** (Use soap and water for at least 20 seconds. You can also use 70% alcohol-based solutions for hand hygiene) and **avoid touching your face.**
- Use the inside of your elbow when coughing or sneezing.
- Avoid contact with sick people.
- Avoid crowded places or events with large numbers of attendees such as mass events.
- Avoid contact with live or dead animals, animal markets, and animal products such as raw meat.
- Wear a mask to cover your nose and mouth.
- If you become ill during your stay, seek medical attention and avoid self-medicating.

After travelling:

- If you traveled **abroad** in the last 14 days, upon your return to Mexico, **watch for symptoms of acute respiratory illness.** If you develop symptoms, seek **immediate medical attention.** Do not self-medicate. When visiting emergency rooms or hospitals **inform health personnel about your trip.**
- **If you have symptoms, avoid exposing others. Follow preventive measures, use face masks correctly, wash your hands frequently with soap and water or alcohol gel-based solutions, and keep adequate physical distancing.**

Additional information:

- Ministry of Health <https://coronavirus.gob.mx/>
- Ministry of Foreign Relations <https://guiadelviajero.sre.gob.mx/>
- World Health Organization <https://www.who.int/es/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.

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 medical preventive measures against this disease.