

## **Coronavirus Outbreak and Safe Travel**

Coronaviruses cause illness in humans and animals. An outbreak occurred in Wuhan City, China in December 2019 sickening several hundred people with spread to other Far East countries (Japan, Thailand and the Republic of Korea). The virus normally causes mild to moderate respiratory illnesses but can lead to pneumonia. Those at greatest risk are the elderly and those with underlying health problems.

### **Protect yourself when traveling**

- As of January 21, 2020, CDC has not recommended a travel ban but unnecessary travel to endemic areas should be avoided
- Avoid sick individuals, particularly those known to have traveled from Wuhan, China
- Avoid animals, animal markets and products from those markets, particularly uncooked meats
- Wash your hands and avoid touching nose, mouth and eyes
- Carry hand sanitizer for times when soap and water are unavailable
- Cover mouth and nose using tissue when coughing, sneezing
- When travelling, take a sanitary cleansing wipe (eg-“Baby wipes”) to cleanse aircraft surfaces like the arms and video screen of your seat
- Consider taking a mask with you if travelling internationally, in case someone around you is coughing or sneezing

### **Expect enhanced screening at designated airports for return from high risk areas**

- Health questionnaire for symptoms of fever, cough, breathing problems
- Temperature will be taken

### **If you feel sick (cough, fever, difficulty breathing) after returning from a high risk area or potential exposure to someone with the illness**

- Do not report to work ill
- Seek medical care. Alert provider of recent travel before going to the clinic. They will want to arrange isolation upon arrival if a visit is warranted.
- Avoid exposing others
- Cover mouth and nose when coughing or sneezing
- Wash hands or use hand sanitizer if soap and water not available

## **Reference**

CDC Traveler’s Health: [Novel Coronavirus In China](#)