



# Coronavirus

## Notice on the novel coronavirus (2019-nCoV)

As of January 30th, 2020, The World Health Organization (WHO), declared the ongoing novel coronavirus (2019-nCoV) outbreak is a Public Health Emergency of International Concern, human to human transmission has now been reported and confirmed outside of China. Recommendations and prevention advice now apply worldwide and concern all our travellers.

TSM therefore recommends all international travellers to remain vigilant. As the virus outbreak has now been confirmed in 25 countries as of February 3rd, 2020, additional precautionary measures could apply depending on your travel destination.

We kindly remind you that even though, no specific treatment for the coronavirus exists, many of the symptoms can be treated and therefore treatments are based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

### DUTY OF DILIGENCE:

- Avoid all non-essential trips to countries with reported cases of Coronavirus;
- Please keep yourself informed of the situation at your destination of travel;
- Favour home office in affected areas in order to avoid further outbreaks;
- Keep a daily temperature log during duty travel to monitor your health and symptoms during duty travel and for 14 days after returning.
- As the outbreak is international, we recommend travellers to review the following websites for the latest updates:
  - WHO's disease webpage dedicated to the Novel coronavirus (2019-nCoV):
    - [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)
  - CDC's webpage dedicated to the Novel coronavirus (2019-nCoV):
    - [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)
  - GardaWorld Travel Security platform listing recommendations per country and 24/7 updates on the worldwide outbreak:
    - [travelsecurity.garda.com/home](http://travelsecurity.garda.com/home)

### WHO IS AT RISK FOR 2019-NCOV INFECTION?

- The people who are at risk of getting the disease are people who live in an area of China that has been affected, or who have visited an affected area;
- People, including family members or health care workers, who are caring for a person infected with 2019-nCoV;
- As human-to-human transmission has been confirmed, there is a high risk of contamination.



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### Prevention advice and best practices

#### HOW CAN I PREVENT FROM GETTING INFECTED WITH 2019-NCOV?

Frequently clean hands by using alcohol-based hand rub (for 20-30 seconds) when hands are not visibly soiled or soap and water (for 40-60 seconds) when hands are soiled;

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately in a closed bin and wash hands;

Avoid close contact with anyone who has fever and cough;

Perform hand hygiene after having contact with respiratory secretions and contaminated objects or materials.

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;

When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;

The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

#### HOW CAN I PREVENT FROM GETTING INFECTED WITH 2019-NCOV?

Contact our TSM epidemic hotline: **+41 22 819 44 80**

Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms. If advised to seek care, wear a medical mask when you go to doctor's office/emergency room.

If you are experiencing fever, cough and difficulty breathing and have recently travelled to or are a resident in an area where 2019-nCoV is circulating reported, seek medical care after contacting the medical or emergency local services if you begin to develop fever or respiratory symptoms such as shortness of breath or cough.

Do not go to work while sick and minimize contact with others to prevent the spread of infection.



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## How to stay healthy while travelling?



Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



Avoid close contact with people suffering from a fever and cough



Frequently clean hands by using alcohol-based hand rub or soap and water



Avoid touching eyes, nose or mouth



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with animals that are sick



When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands



If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on. Immediately discard single-use mask after each use and wash hands after removing masks



If you become sick while travelling, inform crew and seek medical care early



If you seek medical attention, share travel history with your health care provider