

## Coronavirus Recommendations (COVID-19):

### Advice for travelers

The Health Authorities recommends that all non-essential travel to countries/areas with local transmission of Coronavirus is avoided

This is highly recommended particularly for older adults and those with chronic medical conditions or low immunity.

You are advised to monitor developments - the list of affected countries/areas will be updated as information becomes available.

We remind you that, especially when travelling, apply general rules governing hand and food hygiene:

- wash your hands frequently with soap and water OR use an alcohol-based disinfectant solution before eating, after using the toilet and after any contact with animals;
- avoid contact with sick people, in particular, those with a cough or other respiratory symptoms ;
- avoid visiting markets and places where live or dead animals are handled;
- avoid contact with animals, their excretions or droppings

**If you have any further questions, you can contact the Public Health authorities on the Coronavirus Helpline (+356) 21324086/111 for advice**

### Returning Travelers

Anyone who has traveled to Malta from any area with local transmission of COVID-19 in the last 14 days and develops any of the below symptoms:

- Cough and /or
- Fever and/or
- Shortness of breath

should stay at home, avoid attending a health facility, call their doctor and contact Public Health authorities on the Coronavirus Helpline (+356) 21324086 for advice. The team of Public Health experts will assess and provide guidance.

## Advice for Business and Workplaces

### How to prevent the spread of germs?

1. Wash your hands with soap and water for at least 20 seconds, and if not available, use alcohol-based hand disinfectant regularly
2. Cover your nose and mouth with a tissue or inner side of flexed elbow when coughing or sneezing.
3. DO NOT sneeze or cough into your hands as you may contaminate objects or people that you touch.
4. Dispose of used tissues immediately in bins; Do NOT leave tissues running around
5. Avoid touching your eyes, nose and mouth before washing your hands
6. Keep 1 metre distance, when talking to someone who is sick
7. People who are sick should stay at home

### We recommend performing routine environmental cleaning:

- Routinely clean all frequently touched surfaces with surface cleaning agents and follow the directions on the label. Some examples of frequently used disinfectants are 70% ethanol and products containing sodium hypochlorite (contained in the household bleach).
- No additional disinfection beyond routine cleaning is recommended at this time.