

## Coronavirus Recommendations (COVID-19):

### Advice for travellers

The Health Authorities recommends that all nonessential travel to the following areas with ongoing transmission of Coronavirus is avoided

The countries/areas are:

Country / Area
China (including Hong Kong)
Singapore
Japan
South Korea
Iran
Italy (Emilia-Romagna, Lombardy, Piedmont, Veneto)

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.

There is **no** known community transmission of COVID-19 in other regions of Italy at the moment, including Rome and Sicily. There are no specific travel recommendations to any other countries at this point in time.

Further information is available on

<https://deputyprimeminister.gov.mt/en/health-promotion/Pages/Novel-coronavirus.aspx>

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 for advice**

## Returning Travellers

Anyone who has travelled to Malta from any area with community transmission of COVID-19 in the last 14 days should practice self-quarantine, and check their symptoms for cough and difficulty in breathing and monitor their temperature twice a day.

The symptoms to look for include the following:

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

If during that period of 14 days after visiting any of the above countries, you develop any of those symptoms, stay at home, avoid attending a health facility 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.

## Where can I find further information?

- [Health Promotion and Disease Prevention Directorate of the Ministry for Health in Malta: https://deputyprimeminister.gov.mt/en/health-promotion/Pages/Novel-coronavirus.aspx](https://deputyprimeminister.gov.mt/en/health-promotion/Pages/Novel-coronavirus.aspx)

- **ECDC Advice and recommendations:** <https://www.ecdc.europa.eu/en/novel-coronavirus-china>
- **World Health Organization Recommendations:** <https://www.who.int/westernpacific/emergencies/novel-coronavirus>
- **Ministry for Health Malta:** [www.health.gov.mt](http://www.health.gov.mt)