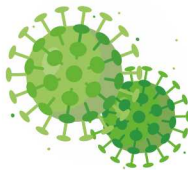


COVID-19

NOVEL CORONAVIRUS (SARS-CoV-2)
INSTRUCTIONS FOR TOURISTS AND VISITORS(ver.05-03-2020)



ΠΕΡΙΦΕΡΕΙΑ
ΑΝΑΤΟΛΙΚΗΣ ΜΑΚΕΔΟΝΙΑΣ & ΘΡΑΚΗΣ

INSTRUCTIONS FOR TOURISTS AND VISITORS(ver.05-03-2020)



1. How can I protect myself?

- I wash my hands thoroughly with soap and water many times a day. Alternatively I can use an alcoholic solution (with alcohol >70%). I avoid hand contact with my mouth, nose or eyes.
- I cover my mouth and nose with a tissue, when coughing or sneezing.
- I avoid close contact with patients who have symptoms of the disease.

2. When should I suspect illness from the new coronavirus?

- If I experience a sudden onset of respiratory symptoms with fever and cough, or difficulty in breathing with no other etiology that fully explains that
AND
- I have visited or stayed in the last 14 days, in an area or country reporting ongoing transmission of COVID-19, based on current epidemiological data (ask accommodation manager about which areas are affected with ongoing transmission of SARS-CoV-2).
OR
- I have been in close contact with a suspected or confirmed case in the last 14 days.

3. What should I do in that case?

- I inform the accommodation manager and ask him/her to call for medical assistance and to provide me with surgical masks and tissues.
- I stay in my room with the door closed, avoiding any unnecessary contacts with anyone. I wear the mask and strictly apply personal hygiene measures. I discard used tissues in the trash bin.
- If I am staying with a companion, he/she should wear a surgical mask too, trying to hold at least 2 meters distance away from me if possible, and wash his/her hands every time he/she comes in contact with me.
- I stay calm. The accommodation manager will immediately notify the relevant Public Health Authorities, in accordance with the instructions given to him/her, and I remain in my room waiting for them to contact me for guidance and assistance.

