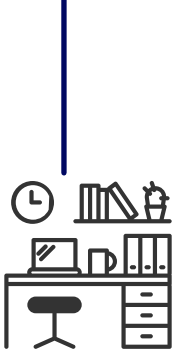


Individuals working within the travel and tourism sectors need to ensure that they are safeguarding themselves against contracting the virus. SATSA has compiled some basic and effective measures to protect against infection.

HOW TO STAY SAFE AT WORK



Wash your hands often with soap and water for at least 20 seconds



Avoid close contact with people who are sick



Clean and disinfect frequently touched objects and surfaces



Use an alcohol-based hand sanitiser



Stay at home when you are sick



Ensure all staff have current, accurate information from reliable sources (**WHO** and **NICD**)



Avoid touching your eyes, nose, and mouth with unwashed hands



Cough or sneeze into a flexed elbow or a tissue, then throw the tissue in the bin

HOW TO STAY SAFE WHEN YOU TRAVEL



Avoid travelling to affected areas unless necessary



Self-isolate if you are sick



Get a flu shot



Follow the medical recommendations of local health authorities e.g. vaccinations, malaria medication, etc.



Seek medical care immediately if you become sick while travelling

HOW TO STAY SAFE AT HOME



Teach your family how to prevent spreading or contracting coronavirus



Keep tissues, throat lozenges and hand sanitiser on hand for all household members



Increase ventilation by opening windows



Clean and disinfect frequently touched objects, surfaces and utensils



If possible, provide a protected space for vulnerable household members



Take Vit D and Zinc to help you fight respiratory diseases

HOW THE VIRUS SPREADS

COVID-19 is transmitted through small droplets from the nose or mouth that are spread when a person with the virus coughs, sneezes, or exhales. It is possible to contract the virus if you:



Inhale these droplets



Touch surfaces where these droplets have landed and then touch your eyes, nose, or mouth

SYMPTOMS OF COVID-19



Cough



Fever



Difficulty breathing



Sore throat



Body aches and fatigue

Symptoms may develop within 14 days of exposure.

Coronavirus and flu share many similar symptoms, but coronavirus cases likely have context such as: recent travel to an affected area, contact with a person who has recently travelled to an affected area, or living near an area where there's an outbreak or confirmed case.

Only designated laboratory tests can diagnose the virus



CORONAVIRUS HOTLINE

PUBLIC HOTLINE
08:00 to 16:00 (weekdays)

T: 0800 029 999

ADDITIONAL RESOURCES

- + COVID-19 TECHNICAL RESOURCES
- + FREQUENTLY ASKED QUESTIONS
- + CORONAVIRUS DISEASE (COVID-2019) SITUATION REPORTS
- + UPDATES ON COUNTRIES
- + VIDEOS