

## **Recommendation for travellers who are in or have recently visited areas where COVID-19 is spreading**

**What to do if you have arrived, from the areas where COVID-19 is spreading, in the last 14 days, that means:**

**China, Hong Kong, Iran, Italy (regions Emilia-Romagna, Lombardy, Piedmont, Veneto), Japan, Singapore, South Korea**



### **and you have NO symptoms of the disease**

**During the incubation period, that means 14 days after departure from the risk area, minimize contact with other people and stay at home.**

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water or use hand sanitizer that contains at least 70% alcohol.
- **Contact the department for epidemic prevention of the regional health institution, which will decide on appropriate anti-epidemic measures including possible quarantine, by telephone or e-mail.**
- In case of fever, dry cough, shortness of breath, contact clinic of infectious medicine. In case you have been asked to visit the clinic of infectious medicine, do not use public transport. If possible, put on a mask and enter the waiting room only after consultation with the staff of the infection clinic.

### **and you DO have fever, cough or shortness of breath**

**If you are at home, do not go anywhere - avoid contact with other people.**

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water or use hand sanitizer that contains at least 70% alcohol.
- When coughing and sneezing, cover your mouth and nose with a tissue or arm or sleeve, not with your hands !!!
- **Contact clinic of infectious medicine In case you have been asked to visit the clinic of infectious medicine, do not use public transport.**
- If possible, put on a mask and enter the waiting room only after consultation with the staff of the infection clinic.

**Prague Public Health Station - contacts**

**773 782 856 or 773 782 850**

daily 9:00 – 19:00

Contacts for Regional Health Stations can be found at Ministry of Health of the Czech Republic website

[https://www.mzcr.cz/dokumenty/kontakty-na-krajske-hygienicke-stanice\\_18604\\_1.html](https://www.mzcr.cz/dokumenty/kontakty-na-krajske-hygienicke-stanice_18604_1.html)