











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
-  Use an alcohol-based hand sanitiser
-  Avoid touching your eyes, nose, and mouth with unwashed hands
-  Avoid close contact with people who are sick
-  Stay at home when you are sick
-  Cough or sneeze into a flexed elbow or a tissue, then throw the tissue in the bin
-  Clean and disinfect frequently touched objects and surfaces
-  Ensure all staff have current, accurate information from reliable sources (**WHO** and **NICD**)

## 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
-  Increase ventilation by opening windows
-  Keep tissues, throat lozenges and hand sanitiser on hand for all household members
-  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