

STAY HEALTHY WHILE TRAVELLING



REDUCE YOUR RISK OF **CORONAVIRUS** **INFECTION** & OTHER FLU-LIKE SYMPTOMS



- **Avoid travel** if you have a fever or a cough.
- If you become sick while travelling inform crew and seek medical care early.



#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy



Adapted from the
World Health
Organization

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WHAT IS A CORONAVIRUS?

Coronaviruses are a large family of viruses that are known to cause illnesses ranging from the common cold to severe respiratory diseases.

What are the common symptoms?

- Fever
- Cough
- Shortness of Breath

How is it transmitted?

The information is still evolving but at this time person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza is spread.

HOW IS IT TREATED?

Many of the symptoms can be treated but there is no specific treatment for the disease

Protect yourself and others from the risk of coronavirus and other illnesses by:

- Washing hands with soap and water.
- Cover nose and mouth when coughing with tissue, then throw tissue in trash.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Eat only well cooked food.
- Thoroughly cook meat and eggs.
- Avoid unprotected contact with wild or live farm animals
- Stay home when you are sick except to get medical care.

