



TASIS PROTOCOLS FOR STUDENT TRAVEL

2019-nCoV Novel Coronavirus Advice for the Public

(adapted from the [World Health Organization](#))

1. **Wash your hands frequently** with an alcohol-based hand rub or soap and water.

Why? Washing your hands with an alcohol-based hand rub or soap and water kills the virus if it is on your hands.

2. **Practice respiratory hygiene** when coughing and sneezing. Cover your mouth and nose with a flexed elbow or tissue, and immediately discard the tissue into a closed bin. Then clean your hands with an alcohol-based hand rub or soap and water.

Why? Covering your mouth and nose when coughing and sneezing prevents the spread of germs and viruses. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.

3. **Maintain social distancing** of at least 1 meter (3 feet) between yourself and other people, particularly those who are coughing, sneezing, or have a fever.

Why? When someone who is infected with a respiratory disease coughs or sneezes, they project small droplets containing the virus. If you are too close, you can breathe in the virus.

4. **Avoid touching your eyes, nose, and mouth**

Why? Hands touch many surfaces that can be contaminated with the virus. If you touch your eyes, nose, or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

5. **If you have a fever, cough, and difficulty breathing, seek medical care right away.**

Why? Whenever you have a fever, cough, and difficulty breathing, it's important to seek medical attention promptly, as this may be due to a respiratory infection or

other serious condition. Respiratory symptoms with fever can have a range of causes, and depending on your personal travel history and circumstances, 2019-nCoV could be one of them.

6. **If you have mild respiratory symptoms and no travel history to or within China**, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.
7. **As a general precaution, practice good hygiene measures when visiting live animal markets, wet markets, or animal product markets.** Ensure regular hand washing with soap and potable water after touching animals and animal products; avoid touching your eyes, nose, or mouth; and avoid contact with sick animals or spoiled animal products. Strictly avoid any contact with other animals in the market (e.g. stray cats and dogs, rodents, birds, bats). Avoid contact with potentially contaminated animal waste or fluids on the soil or structures of shops and market facilities.
8. **Avoid the consumption of raw or undercooked animal products.** Handle raw meat, milk, or animal organs with care to avoid cross-contamination with uncooked foods, as per good food safety practices.
9. **Refer to the World Health Organization's graphics below for additional advice.**



STAY HEALTHY WHILE TRAVELLING

**Avoid close contact
with people suffering
from a fever and cough**



**Frequently clean hands by
using alcohol-based
hand rub or soap and water**

**Avoid touching eyes,
nose or mouth**



STAY HEALTHY WHILE TRAVELLING

**If you become sick
while travelling,
inform crew and
seek medical care
early**



**If you seek medical
attention, share travel
history with your health
care provider**



STAY HEALTHY WHILE TRAVELLING

**Eat only well-
cooked food**



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**

