

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.

Processed on 26.2.2020 and will be adjusted in response to changes in the epidemiological situation.

Královéhradecký kraj

Contact - if there are no health problems, only return from the risk area:

Krajská hygienická stanice Královéhradeckého kraje, www.khshk.cz

Phone: 495 058 111 during working hours. **Anytime e-mail:** koronavirus@khshk.cz

Include your **contacts** in the e-mail - **name, surname, mobile phone, residence** and epidemiologist (if not available at the moment) will contact you as soon as possible.

Contact - if there are any health problems and return from the risk area:

Clinic of infectious medicine of Hospital Hradec Králové

Phone: during working hours 7:30 – 15:30 **601 130 894**,
out of working hours 15:30 – 7:30 **721 417 310**

Call IMMEDIATELY.