



## BEFORE TRAVEL



- Check [www.smartraveller.gov.au](http://www.smartraveller.gov.au) & [www.health.gov.au](http://www.health.gov.au) for the latest travel advice & information.
- Vulnerable individuals (e.g those with respiratory conditions, over 60 or on medication impacting immune system) should seek the opinion of a doctor before travelling.



## WHEN OVERSEAS



### HAND HYGIENE

- If your hands are visibly dirty: wash your hands with soap and running water for 40-60 seconds. Technique is important: 
- If not visibly dirty: clean them frequently with an alcohol-based hand gel for 20-30 seconds. Technique matters: 



### USE OF MASKS

Face masks are most effective in preventing transmission when worn by people who are unwell. If you are well, masks only need to be worn by those who have close contact with those who are unwell; for example health care workers. The only mask that filters the particles is a P2/ N95 mask and correct fitting of face masks is most important to their effectiveness. More info: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



### PREVENTION

- Avoid close contact with people suffering from a fever and cough.
- Frequently use antibacterial wipes to clean down equipment and workspaces, including surfaces on planes (tray table, airvent)



### MEDICAL ATTENTION

- Seek medical attention immediately if signs of illness present. If you develop symptoms please observe 'respiratory etiquette'
- Call ahead of time to book an appointment. Tell your doctor about your symptoms, travel history & any recent close contact with someone who has coronavirus. If you must leave home to see your doctor, wear a surgical mask. If you have serious symptoms such as difficulty breathing, call 000 for urgent medical help.



## ON RETURN

Depending on your places of travel, you may be required to self-isolate or self-monitor for the first 14 days after your return. The information regarding which countries are considered 'high risk' is changing rapidly. You should seek medical advice to clarify current advice." <https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-covid-19-countries.htm>