

Travel advisory

In view of increasing confirmed cases of coronavirus (COVID-19) being reported from many other countries, the Ministry of Health would like to reinforce the following measures:

1. Bhutanese travellers to:

- Bhutanese to avoid unessential travel or postpone travel to the affected countries until the outbreak is contained.
- In case of unavoidable travel (to reduce the risk of infection) travellers should:
 - Avoid close contact with people suffering from acute respiratory infections
 - Practice frequent hand washing, especially after direct contact with ill people or their environment
 - Avoid close contact with live or dead farm or wild animals
 - Travellers with symptoms of acute respiratory infection should practice cough etiquette.
 - Maintain distance.
 - Cover coughs and sneezes with disposable tissues or clothing.
 - Wash hands with soap and water.

2. Tourists and Bhutanese arriving Bhutan:

- Travellers with travel history to the affected countries are requested to report to the health desk at the point of entry.
- Travellers with one or more of the following symptoms with travel history to affected countries within 14 days are requested to report to the nearest health centres or call **112**.
 1. Fever
 2. Cough
 3. Sore throat
 4. Shortness of breath
- Any travellers entering Bhutan with travel history to affected countries fulfilling the suspected case definition will be quarantined for 14 days on arrival to Bhutan.

3. Preventive measures to reduce the risk of coronavirus infection:

- Practice basic hand hygiene: Washing hand with soap and water before eating and touching mouth and nose.
- Practice respiratory hygiene: Cover nose and mouth when coughing and sneezing with tissue or handkerchief.
- Avoid unnecessary contact with live animal.
- Wash hands thoroughly after contact with an animal.
- Cook meat and eggs thoroughly before consuming.



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



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STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands



If you choose to wear a face mask, be
sure to cover mouth and nose -
avoid touching mask once it's on

Immediately discard single-use mask
after each use and wash hands after
removing masks



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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



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STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have
a fever and cough



If you have a fever, cough and
difficulty breathing **seek medical**
care early and share previous
travel history with your health
care provider



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