

Coronavirus (COVID-19) Travellers Remain Vigilant

While abroad, you may have come in contact with the **novel coronavirus**.

For the next 14 days, please do the following:

- Monitor your health for **fever, cough and difficulty breathing**
- Avoid places where you cannot easily separate yourself from others if you become ill

Please wash your hands often, and cover your mouth and nose with your arm when coughing or sneezing.

If you have been travelling through an affected region and you start having symptoms of COVID-19, or you believe you may have been exposed to the virus, immediately isolate yourself from others and call your local health centre.

Describe your symptoms and travel history.

