

Advice for returning travellers and visitors

This short document is to provide an overview and advice for GRC travellers or visitors in relation to the COVID-19 outbreak and in addition to the current activated GRC travel restrictions.

This guidance is for all countries and delegations. However, you need to be informed and follow your country specific measures, especially if they are more stringent than this guidance.

When returning from or receiving visitors from		
A country with widespread ongoing transmission (Level 3)	<p>Currently:</p> <ul style="list-style-type: none"> • China • Iran • South Korea • Europe (Schengen Area): Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City • United Kingdom and Ireland: England, Scotland, Wales, Northern Ireland, Republic of Ireland <p>However, please check below for updates: https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-</p>	<ul style="list-style-type: none"> • Self-monitor at HOME for 14 days after travel • Take your temperature with a thermometer twice a day and monitor for fever. • Watch for cough and difficulty breathing. • If you develop a cough, fever (above 37.5°C/100°F) or shortness of breath: • Call your healthcare provider right away and get advice on next steps • Inform your supervisor

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<p>A country with ongoing transmission (Level 2)</p>	<p>notices.html</p> <p>Currently:</p> <ul style="list-style-type: none"> All other countries <p>However, please check below for updates: https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html</p>	<p>Self-monitor for 14 days after travel *</p> <ul style="list-style-type: none"> Take your temperature with a thermometer twice a day and monitor for fever. Watch for cough and difficulty breathing. <p>If you develop a cough, fever (above 37.5°C/100°F) or shortness of breath:</p> <ul style="list-style-type: none"> Stay at home Call your healthcare provider right away and get advice on next steps Inform your supervisor <p>* Work from home is encouraged if feasible</p>
<p>A country with limited or no local transmission (Level 1)</p>	<p>Currently:</p> <ul style="list-style-type: none"> None <p>However, please check below for updates: https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html</p>	<p>Self-monitor for 14 days after travel</p> <ul style="list-style-type: none"> Take your temperature with a thermometer twice a day and monitor for fever. Watch for cough and difficulty breathing. <p>If you develop a cough, fever (above 37.5°C/100°F) or shortness of breath:</p> <ul style="list-style-type: none"> Stay at home Call your healthcare provider right away and get advice on next steps Inform your supervisor

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What is Self-Monitoring at Home?

Home self-monitoring, (sometimes also called “self-quarantine”) after travel from/through an area with widespread ongoing transmission means you check yourself for fever and remain alert for cough or shortness of breath. More details are provided in the “Home Self-Monitoring table”.

a. While on home self-monitoring:

- Stay at home or your destination and do not go outside for the entire self-monitoring period.
- Take your temperature twice a day (please use the monitoring table attached).
- Check yourself for symptoms - cough or shortness of breath.
- Stay at home and remain out of public places. Do not go to work, but work from home.
- You need to do this for 14 days since the day you left the affected country.
- As much as possible, you should stay in a specific room and away from other people in your home. Do not allow visitors to come to your home. You should use a separate bathroom, if available.

b. What should I do if develop an illness with fever, cough, or shortness of breath?

- If you develop fever, cough or shortness of breath while at home self-monitoring, avoid close contact (within 1 to 2 meters) with other people.
- Immediately call your health care provider and follow their advice. Inform your supervisor

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What is Self-Monitoring?

Self-monitoring after travel from/through an area with widespread ongoing transmission means you check yourself for fever and remain alert for cough or shortness of breath.

a. While self-monitoring:

- Take your temperature twice a day (refer to Self-monitoring checklist -table).
- Check yourself for symptoms - cough or shortness of breath.
- You need to do this for 14 days since the day you left the affected country.

b. What should I do if develop an illness with fever, cough, or shortness of breath?

- If you develop fever, cough or shortness of breath while self-monitoring, stay at home.
- Immediately call your health care provider and follow their advice. Inform your supervisor.
- Avoid close contact (within 1 to 2 meters) with other people.

Take care of yourself

Please refer to the document “MHPSS during disease outbreak_isolation_ENG_final”