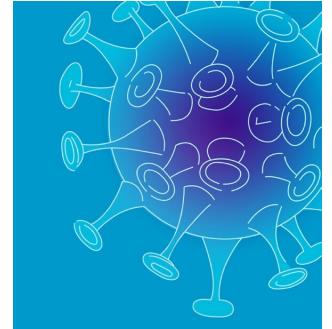**IOM UN MIGRATION**

What is Coronavirus 2019?

Coronavirus 2019 is a newly discovered virus that has now reached worldwide circulation.

What is COVID-19?

COVID-19 is the disease that is caused by this virus.

What are the symptoms of COVID-19?

- The most common symptoms of COVID-19 are fever, tiredness, and dry cough.
- Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.
- Some people become infected but don't develop any symptoms and don't feel unwell. Most people recover from the disease without needing special treatment.
- However, some people may become seriously ill, and in some cases, the disease has been fatal. People over the age of 65 and people with existing medical conditions are at higher risk of becoming seriously ill.

How is the Virus Transmitted?

COVID-19 is transmitted from person to person, through small droplets from the nose or mouth spread when an ill person coughs, sneezes or exhales.

The droplets can also land on objects and surfaces around the person, which can infect a healthy person who touches the surfaces, and then touches their mouth, nose or eyes.

Should I travel?

- Postpone nonessential travel to affected countries/if you are from an affected country.
- Postpone travel if you feel sick or you have symptoms of COVID-19.

## What is the risk of getting COVID 19 on an airplane?

The air circulation and filtration process in the airplane ensures minimal spread of disease. However, you should avoid contact with sick passengers during travel and adhere to hand and respiratory hygiene measures.

## What should I do if I or a family member start to feel sick during travel?

- If you start to feel unwell while you are at the airport prior to departure or at transit you should seek assistance from airline or airport staff. Let your family member or travel companion know that you are feeling unwell.
- If you start to feel unwell while you are on the airplane, please alert a flight attendant. The flight attendant will proceed according to the airline protocol.
- If you are at your destination and start to feel unwell, please alert relevant staff depending on your destination (Employer/Health Staff). Please ensure to use a mask if you have respiratory symptoms and get referred to a clinic for further assessment.
- If you see IOM Staff at the airport, let them know. They might be able to assist you.

How can I protect myself and prevent the spread of COVID-19 while traveling?

- Avoid close contact with people who are sick. If possible, keep a distance of at least 1 meter.
- Cover your cough or sneeze with your elbow or a tissue, not your hand! Then throw the tissue in a closed trash bin and wash or sanitize your hands.
- Avoid touching your nose, eyes and mouth.
- Wash your hands often with soap and water for at least 20 seconds. Alternatively, you can use hand sanitizer, if soap and water are not accessible.
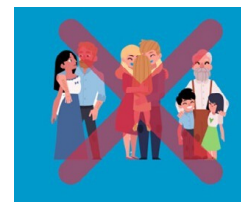
Any questions? Do not hesitate to ask an IOM staff member.
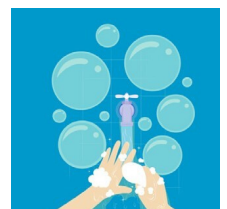
Take care and stay safe during your migration journey!