



**No: F.1-22/Advisory/FEDSD/2020**

Islamabad, 28<sup>th</sup> January 2020

**Subject: Travel Advisory for the Prevention and Control of Novel Corona Virus (2019-nCoV)**

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Keeping in view the emergence of novel coronavirus (2019-nCoV) in Wuhan City, China in which, more than 2,000 cases has been confirmed till 27<sup>th</sup> January 2020 by health authorities of the respective country. There is also documented spread of the same disease to Thailand, Nepal, Hong Kong, Singapore, Japan, South Korea, Australia, France, Germany, Canada and USA.

The objective of this advisory is to alert and sensitize the health-care authorities including points of entry to be vigilant in the detection of any suspected case who is travelling to/ from any area of China/ other areas where the cases have been reported and to strengthen and improve the level of preparedness for prevention, control and management of the novel coronavirus (2019-nCoV).

The information about the illness is summarized below:

**Clinical Picture:**

Limited information is available to characterize the spectrum of clinical illness associated with 2019-nCoV. The observed clinical signs and symptoms includes fever, cough and difficulty in breathing. Chest radiographs show invasive pneumonic infiltrates in both lungs.

**The following should be suspected and investigated:**

1. A person with severe acute respiratory infections (SARI) with history of fever and/or cough and/or difficulty in breathing and with history of travel to Wuhan or any other affected area of China within last 15 days prior to symptom onset
2. Individual with acute respiratory illness of any degree of severity with any of the following exposures:
  - a. Close physical contact with a suspected or confirmed case while the case was symptomatic, in affected areas
  - b. Direct contact with infected animals, seafood, meat or any other animal products in the markets of Wuhan City China, within 14 days before onset of illness.

**Prevention & Treatment:**

No vaccine or specific treatment for 2019-nCoV infection is yet available. The patient care is mainly supportive. Ensure hand hygiene and cough antequate for prevention and personal protection.

**Prevention Measures for incoming Travelers:**

Travelers are encouraged to report, if they have signs/ symptoms of fever, cough or difficulty in breathing which appear within 14 days of travel from China. In this situation traveler should:

- Inform the designated tertiary care hospitals for management immediately
- Seek medical care immediately from designated focal hospitals and inform about complete travel history and signs/ symptoms.

- As per directions of the doctor, stay at hospital and avoid contacts with others.
- Cover mouth and nose with face mask.
- Cough or sneeze into a disposable tissue or the inner crook of your elbow in order to avoid contamination of your hands.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- Follow recommendation by International Air Transport Association (IATA) with regard to managing suspected communicable disease on board an air craft.

#### **Prevention Measures for outgoing Travelers:**

- Be careful while travelling to the areas having cases of Novel Coronavirus.
- Follow instructions of local health authorities of the affected area and WHO travel advice.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- Cover mouth and nose with face mask.
- Cough or sneeze into a disposable tissue or the inner crook of your elbow in order to avoid contamination of your hands.
- Avoid visiting crowded places and stay at home.
- Avoid close contact with anyone with cold or flu like symptoms.
- Avoid close contact with confirmed case of Novel Coronavirus, and avoid visiting Novel Coronavirus case in hospital or at his/ her home.
- Avoid visiting meat market, seafood market, wild life meat market, live bird/ wildlife/ livestock markets.
- Thoroughly wash and cook fruits, vegetables, meat and eggs.
- Avoid unprotected contact with live/ wild/ farm animals.
- In case of flu-like symptoms or fever/ cough/ difficulty in breathing, immediately contact health authorities and designated healthcare facilities of the area.

For any further assistance in this context, the Field Epidemiology & Disease Surveillance Division (FE&DSD) (051 – 9255237 and Fax No. 051-9255575) may be contacted

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**This advisory may please be widely distributed among all concerned and NIH may please be kept informed of the measures undertaken in respective areas of jurisdiction.**