

HEALTH RECOMMENDATIONS FOR TRAVELS

Due to the Coronavirus outbreak reported in the People's Republic of China, WHO (World Health Organization) published standard recommendations to reduce exposure and transmission of the virus. The IOC Boxing Task Force advice to follow WHO's recommendations while travelling.

Standard recommendations:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;

Practice food safety:

- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices;
- Use different chopping boards and knives for raw meat and cooked foods; wash your hands between handling raw and cooked food;
Sick animals and animals that have died of disease should not be eaten
- Even in areas experienced outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation;

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 travel history with your health care provider;
- Avoid close contact with people suffering from a fever and cough. Frequently clean hands by using alcohol-based hands rub or soap and water. Avoid touching eyes, nose or mouth;
- 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;
- If you become sick while travelling, inform crew and seek medical care early
- Eat only well-cooked food. Avoid spitting in public. Avoid close contact and travel with animals that are sick;

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>