

**IF YOU EXPERIENCE  
SYMPTOMS DURING A FLIGHT,  
TELL THE CREW AND TELL  
THEM YOUR TRAVEL HISTORY!**

**If you feel sick within 14 days of  
returning from China or other  
countries where an outbreak of  
the disease has been registered,  
such as fever, coughing or  
difficulty breathing, call one of  
the phone numbers on the back  
of the flyer, closest to your place  
of residence!**

**Tell your doctor about your  
health status and travel history!**

**Your health and the  
health of your  
companions depend  
on your awareness  
and maintenance of  
personal and  
collective hygiene!**

### **Contact phone numbers:**

CPH Bitola – 071261330  
CPH Veles – 071 219 278  
LU Gevgelija – 078 545 444  
CPH Kochani – 071 373 913  
CPH Kumanovo – 070 215 851  
CPH Ohrid – 070 723 029  
CPH Prilep – 076 475 747  
CPH Skopje – 071 289 614  
CPH Strumica – 072 235 543  
CPH Tetovo – 075 240 464  
LU Gostivar – 076 365 161  
CPH Shtip – 078 365 613  
IPH Skopje – 078 387 194  
HC Hello doctor  
(Alo doktore) – 02/15 123



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**Institute of  
Public Health**  
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**INFORMATION FOR THE GENERAL  
POPULATION**  
January, 2020

**Novel Coronavirus**  
(2019-nCoV)

## **RECOMMENDATIONS FOR TRAVELERS**



## Key facts:

The novel coronavirus (2019-nCoV) is the causative agent of an acute viral respiratory infection which is currently being registered as an outbreak in the city of Wuhan, China. Human-to-human transmission of the virus is possible, although it is not yet known how easily the virus is transmitted between humans.

Initial experience suggests that older people and people with chronic diseases are at increased risk of complications and severe forms of the disease.

Passengers coming from China may be asked about their health status and travel history by the Skopje airport health services and if necessary, further measures will be taken, following prescribed procedures, to reduce the risk of importation of a coronavirus infection.

## What are the symptoms of the disease?

- fever,
- cough,
- difficulty breathing.

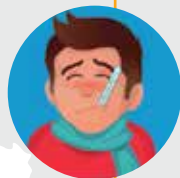
**The disease can cause serious complications that can impair the function of the:**

- respiratory system,
- cardiovascular system,
- kidneys.

The disease can range from mild to severe with a possible fatal outcome.

Treatment of infected persons is symptomatic.

There is no available vaccine to prevent coronavirus disease.



## How can travelers protect themselves and others?

### IF YOU ARE TRAVELING TO CHINA OR OTHER PLACES/ COUNTRIES WHERE AN OUTBREAK OF THIS DISEASE HAS BEEN REGISTERED, IT IS NECESSARY:

To avoid close contact with people with acute respiratory infections;



To avoid close contact with live or dead animals, animal markets and animal products;



Do not consume undercooked animal products;



Wash your hands with soap and water regularly and thoroughly for at least 20 seconds;



Use alcohol wipes or disinfectants if soap and water are not available to you.



## What to do if symptoms of the disease occur?

**If you have traveled to China, or other places/ countries where an outbreak of this disease has been registered and you feel sick, having fever, coughing or having difficulty breathing you should:**

- Seek immediate medical help;
- Avoid contact with other people;
- Not travel while you are sick;
- When coughing and sneezing, cover your nose and mouth with disposable wipes. Dispose the used wipes in a trash can;
- If you do not have a handkerchief, cover your mouth and nose with your hand bent at the elbow;



**Elderly people and persons with chronic diseases who are at increased risk of complications need to be particularly careful and if possible to delay traveling.**