### International travellers: practice usual precautions

Coronaviruses are a large family of respiratory viruses that can cause diseases ranging from the common cold to the Middle-East Respiratory Syndrome (MERS) and the Severe Acute Respiratory Syndrome (SARS) and now COVID-19. In case of symptoms suggestive of acute respiratory illness before, during or after travel, the travellers are encouraged to seek medical attention and share travel history with their health care provider.

The *World Health Organisation* [WHO’s standard recommendations](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public) for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

* 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;
* 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.

More information is available on the [WHO website](https://www.who.int/emergencies/diseases/novel-coronavirus-2019).[[1]](#footnote-1)

**Dear New Student,**

**Please do not travel if you are feeling unwell! The school will be happy to postpone your studies until you recover.**

If you get flu-like symptoms (such as fever, weakness, muscle pain, headache, sore throat, vomiting, diarrhoea etc.) within two weeks after arrival or if you are worried that you have been exposed to the virus, please do the following: [[2]](#footnote-2)

* **Use the** [**111 online coronavirus service**](https://111.nhs.uk/service/covid-19) **to find out what to do next.**
* **Do not go to a GP surgery, pharmacy or hospital.**
* **Let the school know about this – main office number +44 (0)191 232 9551 during office hours** [**info@ihnewcastle.com**](mailto:info@ihnewcastle.com)
* **School’s emergency number: +44 (0)7939681067 – also on WhatsApp**

***Please follow this advice even if your symptoms are minor.***

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

   accessed 06/03/2020 [↑](#footnote-ref-1)
2. <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> accessed 06/03/2020 [↑](#footnote-ref-2)