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Which are the risk areas?

Currently, there is a community transmission in Mainland China, Singapore, Hong-Kong, Japan, South Korea, Iran and Italy (in the regions of Lombardia, Veneto, Emilia-Romagna and Piedmont). Depending on the evolution of the situation, the risk areas may vary.

What do I have to do if I have come back from a risk area? (China, Italy, or others).

People who come back from a risk area and that are healthy can live their normal lives, with their family and friends, and, in general, in school setting and work environment.

If 14 days after the comeback of the trip respiratory symptoms appears (fever, cough, and a feeling of lack of air), you shall stay home and call the health services number (112). Health service shall evaluate your state of health and your record of the trip and the possible contact with coronavirus' cases.

What do I have to do if I go to Italy?

The place where the outbreak started and where there has been a community transmission is the region of Lombardia. Subsequently, new cases have been notified in another three regions (Veneto, Emilia-Romagna and Piedmont).

The Spanish Ministry of Health has updated its recommendations to travellers on the web, in which specific recommendations about coronavirus are included. The same measures that should be taken to go to China are applicable in the regions of Italy where there is community transmission:

<https://www.mscbs.gob.es/profesionales/saludPublica/sanidadExterior/salud/home.htm>

Avoiding the close contact with ill people, washing your hands and some other measures that will be discussed below are recommended.

Taking into account the existing relationship with Italy, in tourism and in international commerce, the fact that new people with this virus from the affected regions could appear should not be dismissed. Nevertheless, the rapidity with which health authorities have established containment measures shall minimise the risk of transmission of the virus and therefore the cases in Spain.

What do I have to do if I go to other risk areas? (China and other risk areas)

The World Health Organization (WHO) does not recommend any kind of restriction concerning travels or commerce in the other risk places. The Spanish Ministry of Health has updated its recommendations to travellers on the web, in which specific recommendations about coronavirus are included. The same measures that should be taken to go to China are applicable in other places where there is transmission.

The place where the outbreak started and where the transmission of the infection come from is the province of Hubei. Avoiding the consumption of undercooked meat and the close contact with dead or alive animals, whether they are domestic or not is recommended, and also avoiding the close contact with ill people and washing your hands are recommended.



How does it spread?

The coronavirus is a respiratory virus which is spread principally by having contact with an infected person throughout respiratory droplets which are generated when a person coughs or sneeze, or throughout saliva droplets or nasal discharge. It is important that people have a good respiratory hygiene. For example, sneezing or coughing with the mouth and the nose covered with a belt elbow or by using a tissue and immediately throw it away in a garbage can. It is also important to wash your hands regularly with a hydroalcoholic solution or with water and soap.

When do you have to suspect of an infection of coronavirus?

If a person has travelled to a risk area in which the presence of the virus has been notified or if you have had close contact with someone that has travelled to those places and that person has respiratory symptoms.

If you have fever, coughs and respiratory difficulties and you have visited a risk area or you have been in close contact with someone that has travelled from those places and that has respiratory symptoms.

Please call 112 for medical attention and notify the travel to a risk area (China, North Italy, Japan, South Korea, Singapore, Iran) or if you have been in contact with an ill person.

Respiratory symptoms with fever may have other causes and, depending on the record of the travel and the personal circumstances, coronavirus could be one of them.

GENERAL INFORMATION FOR STUDENTS AND TEACHING STUFF: What can I do to protect myself?

These are general measures which, if taken, will help you reduce the risk of many frequent respiratory infections.

1. Wash your hands frequently

Wash your hands frequently with a hydroalcoholic solution or with water and soap. Why? Because it kills the virus on your hands.

2. Take respiratory hygiene measures

When coughing or sneezing, cover the mouth and the nose with a belt elbow or by using a tissue and immediately throw it away in a garbage can. By doing this you avoid the spread of germ and viruses. If you sneeze or cough and you cover the mouth with your hands you may contaminate objects or people you touch.

Keep a prudence distance from people.

3. Keep a distance of at least 1 meter between you and the others, particularly, those who cough, sneeze or have fever

When someone with a respiratory illness, for example, the 2019-nCoV, coughs or sneeze, throws some little droplets which contain the virus. If the person is too close, the other one can inhale the virus.

4. Avoid touching your eyes, nose and mouth

Hands touch lots of areas that may be contaminated with the virus. If you touch your eyes, nose or mouth with hands contaminated, you may transfer the virus from the surface to yourself.



5. If you have slight respiratory symptoms and you do not have any records of travels to China or inside such country, please have a respiratory hygiene and a basic hands hygiene and stay home until the recovery, if possible.

6. Do I have to use a mask to protect myself?

Using a mask can help limit the speed of some respiratory illnesses. Nevertheless, the use of a mask does not grant the full prevention of infections and it should be combined with other prevention measures, in particular the respiratory and hands hygiene and the avoidance of close contact — you must keep a distance of at least 1 meter with the others.

The proper use of mask to avoid its unnecessary waste and a possible improper use is advised. That means that you only need to use a mask if you have respiratory symptoms, including coughs and sneezes.

7. How much time is the virus alive on surfaces?

It is not known yet the time the virus COVID-19 is alive on the surfaces, although preliminary information suggests that it may survive for a few hours. A disinfectant is effective to kill the viruses and to avoid its spread.

8. Is it safe to receive a package from China or another place in which some cases of infection have been notified?

Absolutely. Receiving a package from those places does not suppose any risk of infection. From what is been observed from other coronavirus, it is known that this time of virus has a short period of live in objects, such as letters or packages.

9. Is it possible to catch the COVID-19 through a person that does not present any symptoms?

Knowing the period in which the infected patients can spread the virus to other people is essential to take measures to control the outbreak. Although it is not possible to completely discard that infected people may transmit the infection before showing respiratory symptoms, according to the current data, people who have respiratory symptoms are those who are spreading the virus.

<https://www.who.int/es/news-room/q-a-detail/q-a-coronaviruses>

<https://www.mscbs.gob.es/profesionales/saludPublica/sanidadExterior/salud/home.htm>

https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/documentos/20200224.Preguntas_respuestas_COVID-19.pdf