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གསོ་བ་ལྷན་ཁག།  
ཐིམ་ཕུག།

ROYAL GOVERNMENT OF BHUTAN  
MINISTRY OF HEALTH  
THIMPHU: BHUTAN  
P.O. BOX: 726



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### Travel Advisory pertaining to 2019-nCoV Outbreak in China

This is in regard to the pneumonia outbreak caused by novel coronavirus (2019-nCoV) in Wuhan, Hubei Province in China and spreading to other cities in China and countries like Thailand, Japan, South Korea, Vietnam, Taiwan, Hong Kong, the USA, Singapore, Australia and France. As per the reports and information available, almost all the confirmed cases of 2019-nCoV out of China are with the travel history to Wuhan City, China. Therefore, the Ministry of Health advises

#### 1. Bhutanese travelers to:

- Avoid unessential travel to Wuhan City, China
- In case of unavoidable travel, to reduce the risk of infection, travelers should:
  - Avoid close contact with people suffering from acute respiratory infections
  - Practice frequent hand-washing, especially after direct contact with ill people or their environment
  - Avoid close contact with live or dead farm or wild animals
  - Travelers with symptoms of acute respiratory infection should practice cough etiquette:
    - maintain distance
    - cover coughs and sneezes with disposable tissues or clothing.
    - wash hands with soap and water

#### 2. Tourists and Bhutanese arriving Bhutan:

- Travelers with travel history to Wuhan City, China are requested to report to the health desk at the point of entry
- Travelers with one or more of following symptoms with travel history to the affected areas (Wuhan, Hubei Province in China) within 14 days are requested to report to the nearest health center or call 112
  - i. Fever
  - ii. Cough
  - iii. Runny nose
  - iv. Sore throat
  - v. Shortness of breath

#### 3. Preventive measures to reduce risk of coronavirus infection:

- Practice basic hand hygiene: washing hand with soap and water before eating and touching mouth and nose
- Practice respiratory hygiene: cover nose and mouth when coughing and sneezing with tissue or handkerchief
- Avoid unnecessary contact with live animal
- Wash hands thoroughly after contact with an animal
- Cook meat and eggs thoroughly before consuming