



# RECOMMENDATIONS FOR PEOPLE WHO ARE TRAVELING TO COLOMBIA

## COVID-19

## Introduction

**The novel Coronavirus (COVID-19)** has been qualified by the World Health Organization as an international emergency that has been found in all continents.

Travelers entering to Colombia need to know the following information:

### What health problems cause COVID-19?

The novel Coronavirus causes acute respiratory infection with mild to severe flu symptoms. It can produce fever, nasal secretions, and general discomfort. Some patients can present breathing difficulty.

### How COVID-19 can be transmitted?

It can be transmitted through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

### What do I need to do if I'm traveling to Colombia from countries with COVID-19 cases?

At arrival, you need to declare which countries you visited in the previous 14 days. If you visited

countries with COVID-19, you need to answer your health-related questionnaire provided by the local authorities. If during the flight you present symptoms, you have to inform the flight crew.

**Remember:** it is a legal obligation to give a true and complete statement to the authorities.

### **What do I need to do if I'm presenting symptoms as fever, cough, nasal secretions or breathing difficulty within the first 14 days after arrival?**

- If you don't have breathing difficulty, stay at home or accommodation until recovery, avoid public areas or public transportation.
- If you are at a hotel, please inform your condition at the reception.

- If you have breath difficulty or fever for two consecutive days, you need to consult to the health services.
- Wear a face mask if you are sick.
- When you cough, cover your mouth and nose with a tissue or the internal portion of the elbow-arm.
- Wash your hands with soap and water specially after coughing, going to the bathroom, or while preparing meals.
- Drink abundant liquids.
- You may contact your health care provider at any time.

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If you have questions, please contact health authorities in Bogota D.C at the phone number **(031) 3305041** and in other parts of the country at **018000955590**.