

## GENERAL INFO: What you need to know

If you are a traveller from mainland China, South Korea, Iran, Italy, or other high-risk countries, and think you may have been in close contact with a confirmed case of coronavirus, special restrictions apply to you. You must isolate yourself, which means you stay at home and do not attend public places, including work, school, childcare or university. For the latest advice on who needs to isolate, go to:

<https://www.moh.gov.gr/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

## What is a coronavirus and COVID-19?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease outbreak is named COVID-19.

## How is this coronavirus spread?

The coronavirus is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

## How can we help prevent the spread of coronavirus?

Practicing good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitizer.
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

## Who needs to isolate?

To help limit the spread of coronavirus, you must isolate yourself in the following circumstances:

- If you have left, or transited through, high-risk countries such as mainland China in the last 14 days you must isolate yourself for 14 days from the date of leaving that country.

- If you have been in close contact with a confirmed case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

## What if hotel guests need to self-isolate?

If a guest who has self-isolated develops symptoms, they should be seen urgently by a doctor at a hospital and the relevant Public Health authority should be contacted. It is important that staff take precautions to prevent the spread of the virus. The risk to staff should be low if they wash their hands well and the guests do not have symptoms. Staff should avoid close contact with these guests but it is safe to be in the same room (at a distance) without protective equipment when delivering food, which we recommend that the guests have in their room.

## What do I do if I develop symptoms?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving a high-risk country, or within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of coronavirus. You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

## Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems, such as people with cancer
- elderly people
- very young children and babies, and
- people with diagnosed chronic medical conditions.

## How is the virus treated?

There is no specific treatment for coronaviruses. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

## Should I wear a face mask?

You do not need to wear a mask if you are healthy. While the use of masks can help to prevent transmission of disease from infected patients to others, masks are not currently recommended for use by healthy members of the public for the prevention of infections like coronavirus.

## Is it safe to clean?

Cleaning staff should avoid close contact with guests who have self-isolated. They should wear gloves while cleaning, and use alcohol hand rub before and after wearing gloves. As an added precaution, cleaning staff may wish to wear a surgical mask while cleaning the room. Before entering the room, cleaning staff may inquire if people are well, and ask them to put on a surgical mask.

### More information

For the latest advice, information and resources, go to <https://www.moh.gov.gr/> and <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If you have concerns about your health, notify our staff immediately and speak with a doctor.