



Republic of Zambia
MINISTRY OF HEALTH

Health Alert for Travellers Coronavirus Disease-2019 (COVID19)



What is Coronavirus Disease-2019 (COVID-19)?

- **Coronavirus Disease 2019** is a respiratory disease caused by a new coronavirus. The virus causes respiratory illness similar to a common cold and in severe cases leads to Pneumonia, Kidney failure and can result in death.
- The virus was identified in Wuhan, Hubei Province of China in 2019 and has since spread to other countries.

Travellers are at increased risk and can spread the disease to others

- Travellers from China and other countries where the disease is spreading are at increased risk of getting the disease.
- The World Health Organisation (WHO) has placed Zambia among African countries at risk of importing the disease.
- Travellers from Zambia going to China and other countries are also at risk of getting the disease.

What are the Common Signs and Symptoms of the Coronavirus Disease 2019?

- Fever, Chest pains, Cough, Difficulty in breathing, Headache, Shortness of breath and Sore throat.

How is the Disease spread?

The disease is transmitted from animals to humans. It also spreads from person to person. A person can get the disease through the following ways:-

- Close contact with a person who has the disease.
- Contact with air droplets dispersed by an infected person who is coughing and sneezing.
- Contact with animals infected with the virus.

How can you protect yourself and others while travelling?

- Avoid non-essential travel to affected countries.
- Avoid travelling when you are sick.
- Avoid close contact with anyone who has symptoms of the coronavirus disease.
- Frequently wash your hands with soap and water or use alcohol based hand rub.
- Avoid handshake.

- Avoid touching an object or surface contaminated with the virus and then touching eyes, mouth or nose

Are you traveling to Zambia from China or other countries affected by the new coronavirus disease? Here is what to expect at the airport and all points of entry

- The Ministry of Health Port Health Authority in collaboration with Zambia Department of Immigration are implementing enhanced health screening at airports and all points of entry to identify travellers with fever, cough, or difficulties in breathing.

Upon arrival, the travellers will be screened using the following procedure:

- Details of the traveller including the travel, health and contact information will be obtained.
- Ministry of Health Port health officers will take the temperature of each traveller with a thermo scanner to check for fever. Travellers with fever will be quarantined and examined further to determine whether they should be taken to a designated isolation facility for further medical examination and care.
- Health advice will be given to look out for symptoms of the coronavirus and what to do if symptoms develop within 14 days including contact phone numbers for further information and help.

Follow up of travellers coming from China and other affected countries

- Travellers from affected countries not showing signs and symptoms of Coronavirus Disease will be **home quarantined** for 14 days
- Travellers from affected countries will be followed up at their place of residence using phone calls and/or physical visitations for a period of 14 days
- Travellers who are quarantined at home and develop signs and symptoms of the Coronavirus Disease will be taken to the designated isolation facility for further medical examination and care.

What should I do when I arrive in Zambia?

All travellers from China and other affected countries should take the following steps: -

- Look out for any signs of Coronavirus Disease within 14 days.
- If you develop any of the signs and symptoms above, avoid contact with others and immediately seek medical attention at the nearest health facility.
- Tell the health workers about your travel history.
- Do not travel while you are sick.

For more information, contact

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