Recommendations for persons traveling to or returning from China

Travelling to any country with a high rate of transmission of respiratory viruses, especially SARS-CoV-2, increases the risk of infection, and access to health services may be difficult in some places. The number of COVID-19 cases in China is currently very high.

If you are travelling to China, we recommend that you:

- Receive all **recommended doses of COVID-19 vaccine** before travel, including booster doses;
- **Wear a mask** in closed spaces, including when travelling by plane, and where many people are present. We recommend the use of a type IIR medical face mask or an FFP2/n95/KN95 type mask that covers the nose and mouth and must seal well. This is especially important if you belong to a vulnerable group or if you experience symptoms of a respiratory infection (runny nose, sore throat, coughing, sneezing, etc.);
- **If you fall ill, seek medical help** and, if you have the opportunity, get tested as soon as possible;
- Take care of **proper hand and cough hygiene** and **avoid public spaces** where a large number of people stay as much as possible, including the use of public transport, which applies especially to vulnerable people;
- When planning you trip, monitor the **epidemiological situation at the destination** and inquire about care options in case you fall ill during the trip. Check whether your **health insurance** provides full coverage of medical care in the country of travel.

If you are returning from China, we recommend that you:

- Check the **entry conditions** at airports (including transit flights), for example, whether it is necessary to submit a test result for SARS-CoV-2 upon entry;
- **Wear a mask** in closed spaces, including when travelling by plane. We recommend the use of a type IIR medical face mask or an FFP2/n95/KN95 type mask that covers the nose and mouth and must seal well. This is especially important if you belong to a vulnerable group or if you experience symptoms of a respiratory infection (runny nose, sore throat, coughing, sneezing, etc.);
- Closely **monitor your health for 7 days** after your return;
- **If you fall ill, stay at home** and, if you have the opportunity, get tested as soon as possible;
- Take care of proper **hand and cough hygiene** and **avoid public spaces where a large number of people stay** as much as possible, including the use of public transport.