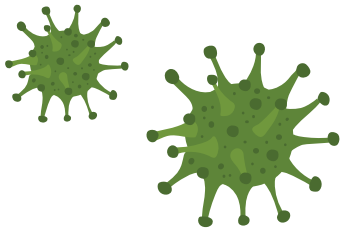


WHEN TO CONTACT A HEALTHCARE PROFESSIONAL?

If you have fever, cough, breathing difficulty after traveling to an area that is on the COVID-19 affected areas list, or after contact with people with confirmed or suspected COVID-19, call the emergency number 112 immediately and put on a medical mask if you have one. If these symptoms occur during the flight or train journey, be sure to inform the crew.



**FOR QUESTIONS AND INFORMATION
PLEASE CALL HOTLINE:**

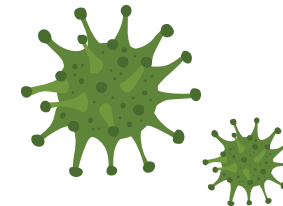
**+370 618 79 984
+370 616 94 562
+370 620 77 547**

If you have visited COVID-19 affected areas, it is recommended to stay indoors and avoid contact with other people for 14 days after return from affected areas. Please provide information on visiting the affected area by **phone +370 5212 4098, email info@npsc.lt or fill out the form online at npsc.lrv.lt/covid-19**

If you've filled out a Passenger Card at airplane or airport, no additional information is required.

NATIONAL CENTER FOR PUBLIC HEALTH UNDER
THE MINISTRY OF HEALTH

WHAT IS THE NEW CORONA-VIRUS INFECTION (COVID-19)?



The new coronavirus is a new structure of the coronavirus that has never infected humans before.

HOW DOES ONE GET INFECTED WITH THE NEW CORONAVIRUS?

- ▶ It is suspected that the source of the infection may be animals.
- ▶ Infection from person to person is transmitted by air droplets. Other pathways are still under investigation.

WHAT ARE THE SYMPTOMS OF THE NEW CORONAVIRUS INFECTION?

- ▶ Fever.
- ▶ Cough.
- ▶ Difficulty breathing, shortness of breath.
- ▶ Pneumonia.

The disease may be mild, moderate or severe.



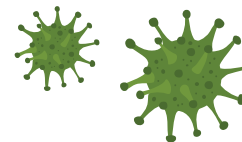
WHO IS MOST AT RISK TO GET INFECTED?

- ▶ Healthcare workers.
- ▶ Family members and close contacts of infected or ill people.
- ▶ Those who suffer from other respiratory infections.
- ▶ People with chronic diseases and immunosuppression.

The elderly, and people with chronic diseases are suspected to be at heightened risk for more severe symptoms.

HOW LONG DOES IT TAKE FOR THE FIRST SYMPTOMS TO APPEAR AFTER EXPOSURE?

The incubation period, or the period from the moment of exposure to the onset of symptoms, is from 2 to 14 days. On average, this period lasts 7 days.



HOW TO AVOID THE NEW CORONAVIRUS INFECTION?

- ▶ Avoid contact with sick persons, especially those with respiratory symptoms.
- ▶ Keep your hands clean and maintain proper food hygiene.
- ▶ Avoid contact with animals and their secretions.
- ▶ Cover your mouth and nose with a pocket tissue as you sneeze and cough.
- ▶ Discard used tissues immediately.

When planning trips, it is advisable to assess the epidemiological situation in the specific countries, the necessity of the trip and the risk of possible quarantine. During the trip, it is recommended to avoid contact with sick persons (coughing, sneezing, etc.), perform hand hygiene frequently (wash with soap and water or use disinfectants), consume only safe food and water.

Due to the flu season, travellers are recommended to get a seasonal influenza vaccine at least 2 weeks before the trip.

