

Recommendations to citizens and other people arriving from areas where COVID-19 is spreading

Given the current epidemiological situation, we recommend that citizens who have been in areas with high numbers of COVID- 19:

In the next 14 days after leaving a given region - monitor your health.

Focus on symptoms of the onset of respiratory disease (mainly fever, breathing difficulties, cough) and measure your body temperature 2 times a day.

In case of the symptoms of respiratory illness, stay at home, limit contact with other people and contact the 112 line by phone!

The operator of this line will contact you with the workers of the Regional Health Organization of Hradec Králové region, who will inform you of the next steps to ensure your investigation and prevent the possible spread of the disease.

Follow the principles of respiratory hygiene consistently, washing your hands frequently with soap and water, using hand sanitizer with a fully virulent effect.

We ask for maximum respectability and accountability. If possible, minimise contact with other people for 2 weeks after your return.

We recommend getting up-to-date information from both the Ministry of Health www.mzcr.cz and the Ministry of Foreign Affairs www.mzv.cz