

Coronavirus - precautions

How to protect yourself and others:

- Wash your hands frequently with an alcohol-based hand rub or soap and water
- Maintain social distancing – maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.
- Avoid touching eyes, nose and mouth
- If you have fever, cough and difficulty breathing, seek medical care early. Tell your health care provider if you have travelled in an area where 2019-nCoV (corona virus) has been reported, or if you have been in close contact with someone who has travelled in an area where 2019-nCoV has been reported and has respiratory symptoms.
- If you have mild respiratory symptoms and no travel history to/or within an area where 2019-nCoV has been reported, carefully practice basic respiratory and hand hygiene and stay home until you are recovered.
- As a general precaution, practice general hygiene measures when visiting live animal markets, wet markets or animal product markets. Ensure regular hand washing with soap and potable water after touching animals and animal products; avoid touching eyes, nose or mouth with hands; and avoid contact with sick animals or spoiled animal products. Strictly avoid any contact with other animals in the market (e.g., stray cats and dogs, rodents, birds, bats). Avoid contact with potentially contaminated animal waste or fluids on the soil or structures of shops and market facilities
- Avoid consumption of raw or undercooked animal products. Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.
- Keep update about coronavirus <https://www.who.int/>
- Buy bottled water. Don't share the same bottle of water with someone else.
- If you have any symptoms mentioned above, stay isolated/at home and contact your coordinator and doctor or EODY (tel. 2105212054).

Advice for volunteers traveling to Greece:

- Read about your government travel information/travel advises. (For Norwegians <https://www.regjeringen.no/no/tema/utenrikssaker/reiseinformasjon/id2413163/>)
- Avoid travel if you have a fever and cough. If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw away tissue away immediately and wash hands. If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it's on. Immediately discard single-use mask after each use and wash hands after removing masks.
- If you become sick while travelling, inform crew and seek medical care early. If you seek medical attention, share travel history with your health care provider.
- Eat only well-cooked food.
- Avoid spitting in public.
- Avoid close contact and travel with animals that are sick.
- Contact frivillig@drapenihavet.no if you get sick on the way or before travelling to Greece.