



## Information for international travellers

**There is currently a global outbreak of novel coronavirus (COVID-19).**

If you have returned from a country or region that is at higher risk for COVID-19, you need to follow the instructions below. Symptoms of COVID-19 are similar to other respiratory illnesses and include fever, sore throat, cough, runny nose, tiredness and difficulty breathing. This information sheet should be read in conjunction with the 'What you need to know' and 'Isolation guidance' information sheets. Go to [www.health.gov.au/covid19-travellers](http://www.health.gov.au/covid19-travellers) for the current list of higher risk countries and these other information sheets.

### What do I do if I am well?

If you have returned from a country or region that is at higher risk for COVID-19, monitor your health for the next 14 days. You can attend work unless you work in a setting with vulnerable people. Go to [www.health.gov.au/covid19-travellers](http://www.health.gov.au/covid19-travellers) for advice on working with vulnerable people.

For the best protection of those around you, travellers from higher risk countries should practise social distancing and avoid crowds for 14 days after leaving the higher risk country or region. Social distancing means keeping a distance of 1.5m between you and other people when out and about in public.

Practising good hand and sneeze/cough hygiene is the best defence against most viruses:

- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand rub.

### What do I do if I am sick right now?

If you are experiencing symptoms of COVID-19, let a member of the airline or ship crew know now. If you are in the airport or seaport contact a biosecurity officer now.

### What do I do if I get sick while in Australia?

If you become unwell, you must go home or to your accommodation immediately and:

- Isolate yourself from others and use a separate bathroom if available.
- Put on a surgical mask if you are near other people and if you don't have one, cover your cough and sneeze.
- Wash your hands frequently with soap and water and use alcohol-based hand rub.
- Seek medical testing for COVID-19. Call in advance before attending a medical facility and tell the staff about your recent travel history.

If you have serious symptoms such as difficulty breathing, call 000, ask for an ambulance and notify the ambulance officers of your recent travel history.

## More information

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

If you have concerns about your health, speak to a doctor.