



**FEMERAID INTERNATIONAL**  
WORLDWIDE MEDICAL AND EMERGENCY CARE

**FEMERAID INTERNATIONAL AIR RESCUE  
UPDATED SNIPPET ABOUT  
SAFETY MEASURES WHEN TRAVELLING**

Despite the millions of positive COVID-19 cases reported so far all over the World, most of the European countries are either opening or closing their borders and re-establishing or cancelling flights in Europe and to some selected destinations on other continents.

The Medical Team of our FEMERAID International Air Rescue Service felt the need to reinforce the message regarding the procedures that travellers must observe in order to reduce the possibility of COVID-19 contamination during their journeys, so please take good note of the following instructions:

**PRIOR TO THE FLIGHT**

1. Check the requirements of the airline that will operate the flight and also of the destination's health authorities, as close to your departure as possible.
2. Do your Check-In online.
3. Make sure you are in good health and you don't have any signs and symptoms of COVID-19, in particular fever or loss of taste and odour.
4. Make sure your travel or health insurance covers the COVID-19, especially if you travel to remote areas and may require a Medevac (*Medical Evacuation*).
5. Take a sufficient amount of face masks and alcohol gel/disinfectants in order to cover the entire duration of your trip, in particular if you have a long flight or stopovers.
6. If a COVID-19 Free Certificate or PCR test results are required, be sure that you obtain these documents within the time prescribed by the destination country's health authorities (*usually up to 72 hours before the trip*).
7. Avoid to check in your baggage.

**ON THE WAY TO THE AIRPORT**

1. Always wear your mask/face shield when using public transportation.
2. Keep the social distance.
3. Disinfect your hands on regular basis, especially after touching surfaces in the public areas.
4. Do not touch your face and mask with your hands.

**AT THE AIRPORT**

1. Keep the social distance, especially during the Check-In, or Luggage drop off procedures (*if required*), Security, Passport Control and Boarding cues.
2. Very probably your body temperature will be checked.
3. At all times wear a face mask/face shield that covers your mouth and nose and avoid touching them with your hands before washing or disinfecting them.



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4. Be patient... delays are expected at airports, arrive at least 2 hours in advance.
5. Wash your hands regularly.
6. To avoid meals on the plane, eat and drink before boarding.
7. Reduce your hand luggage to a minimum.
8. If you Check-In your bags, wrap them around with plastic film.

#### **ON BOARD**

1. Keep your distance inside the plane.
2. If you have to change your mask, disinfect your hands before, discard the used one in the toilet trash bin and disinfect your hands again before touching the new mask.
3. Avoid meals on board.
4. If you feel sick or notice that someone is unwell, flag immediately to the flight crew.

#### **AT THE DESTINATION**

1. Keep social distance during the disembarkation process, at the passport control and at the baggage claim points.
2. Your temperature most likely will be checked again.
3. Be patient again and expect delays during all the process.
4. Keep your Boarding Pass with seat number with you for at least 14 days.
5. Be sure to have contact details of the local health authorities in case you present any symptoms of COVID-19 within the next 14 days.
6. Keep in mind that other diseases haven't disappeared due to the pandemic, therefore you still need to take precautions against malaria, yellow fever, Zika, Dengue disease, gastro-intestinal illnesses, etc.

#### **IN THE HOTEL**

1. Keep your social distance at the reception during the check in.
2. Keep wearing your mask or face shield until you reach your room.
3. Spray your checked in baggage with disinfectants, keep your mask on when you remove the plastic and wash your hands just after.
4. Once in your room, make sure it is clean and disinfected from the previous guest.
5. Disinfect the remote controls and telephone of your hotel room.
6. Take a shower and remove the clothes used during the trip, keep the dirty clothes in a plastic bag isolated from the clean clothes.
7. If possible take your meals in your room, otherwise follow the above rules regarding social distance and hand washing.
8. Have your meals in your room, or in an open space, or open air restaurant.

**Have a safe travel, and stay healthy!**

23<sup>rd</sup> September 2020