



FEMERAID INTERNATIONAL
WORLDWIDE MEDICAL AND EMERGENCY CARE

TRAVEL ADVICE FROM FEMERAID INTERNATIONAL

Despite the 9 million 373 thousand 825 hundred positive COVID-19 cases reported so far, European countries are opening their borders and re-establishing flights in Europe and to some selected destinations on other continents, as well as flights are being rebuilt in the USA and Asia.

The Medical Team of our FEMERAID International Air Rescue Service felt the need to reinforce the message regarding the measures that travellers must take to reduce the possibility of COVID-19 contamination during their journeys.

BEFORE THE FLIGHT

1. Check the requirements of the airline and of the destination health authorities as close to your departure as possible.
2. Do this check online.
3. Make sure you are in good health and have no particular signs and symptoms of fever or loss of taste and odour.
4. Make sure your travel or health insurance covers COVID-19, especially if you travel to remote areas where Medevac is needed.
5. Take enough face masks and alcohol gel/disinfectants in order to cover the entire duration of your trip, in particular if there are long flights or stops.
6. If a COVID-19-free Certificate or PCR test is required, be sure that you have those within the time prescribed by the destination country (*usually 72 hours in advance*).
7. Avoid check in baggage.

ON THE WAY TO THE AIRPORT

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

AT THE AIRPORT

1. Keep distance, especially at the Check In (*if required*), Security, Passport Control and Boarding.
2. More likely your body temperature will be checked.
3. Always wear a face mask/face shield that covers your mouth and nose and avoid touching it with your hands.
4. Be patient... delays are expected at airports, arrive at least 2 hours in advance.
5. Wash your hands regularly.
6. To avoid food on board, eat and drink before boarding.
7. Reduce your hand luggage to minimum.



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ON BOARD

1. Keep your distance inside the plane.
2. If you have to change the mask, disinfect your hands before and discard the used one in the toilet trash 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 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 contact the local authorities if you show any symptoms 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 illness, etc.

IN THE HOTEL

1. Keep your social distance at the reception to check in.
2. Wear your mask or face shield until you reach your room.
3. Once in your room, make sure it is clean and disinfected from the previous guest.
4. Disinfect the remote controls and telephone of the room.
5. Take a shower and remove the clothes used during the trip, keep the dirty clothes in a plastic bag isolated from the clean clothes.
6. If possible take your meals at your room, otherwise follow the above rules regarding social distance and hand washing.

Have a safe travel, and see you around!

1st July 2020

Prof. José M. C. V. Cosmelli, PhD, MSc
President of the Board and CEO



NOTE: We still recommend you to postpone all non-essential trips!