Interim Guidance on COVID-19 for Travellers
Infographic – July 1, 2020

Air & Cruise Travel
Because of air filtering, most viruses and other germs do not spread easily on airplanes.

On cruises, you are in contact with large numbers of people which can lead to the spread of respiratory viruses, including the coronavirus (COVID-19).

General Travel Advice
Avoid non-essential travel to other countries where there is community spread.

If you must travel:
- Discuss travel with your healthcare provider
- Avoid animals (alive or dead), animal markets and products
- Practice social distancing; keep 6 feet (2 metres) apart
- Wear a face mask during airplane travel or when out of cabins while on cruises, or otherwise, as you see fit

Precautionary Measures
Avoid close contact with people who are sick.
Avoid travelling when ill.
If onboard an airplane or cruise, stay in your cabin when you are sick and let the onboard team know immediately if you develop a fever (100.4°F/38°C or higher), AND have other symptoms (such as cough, shortness of breath, or sore throat).

Do not touch your face, especially your eyes, nose and mouth!

Wash your hands often with soap and water for at least 20 seconds.
If soap and water are not readily available, use an alcohol-based hand sanitiser that contains 60–80% alcohol content (ethanol or isopropanol).

Travel Guidance
If you have symptoms during travel or upon arrival into a Caribbean country or territory, tell a flight attendant immediately, OR a border services officer when you arrive.
Monitor your health upon your return.
Seek medical attention if you develop symptoms within 14 days after your arrival. Be sure to tell them your travel history.

Tips & Advice
Seek information about the current COVID-19 situation and remain aware of up-to-date information from the WHO or the Ministry of Health in the destination country.
Assemble a travel health kit including a thermometer and know where you can seek medical care in case you start to feel ill.
Avoid areas with outbreaks. Follow advice from the local Ministry of Health and/or World Health Organization.

Tourism and Health Information System
Use the Tourism and Health Information System to report visitor-based illness. http://this.carpha.org/
It allows for real time monitoring and response to possible disease outbreaks.