

COVID-19 THE 5 NEED TO KNOWS

"Let hope be the antidote to fear. Let solidarity be the antidote to blame. Let our shared humanity be the antidote to our shared threat."

- Dr. Tedros, Secretary General of the World Health Organisation (WHO)



FACTS FIRST

Misinformation is our greatest threat, coupled with the invisibility of the crisis sparking unparalleled fear. Check sources, particularly on social media. If the information doesn't come from a credible international or government body - do your due diligence.

Use: <https://www.who.int/>



FOLLOW WHO GUIDANCE

Protect yourself. Social distancing, ongoing monitoring & personal care matter. The elderly, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. Be aware - be careful.



FOLLOW HYGIENE ADVICE

Wash hands frequently - 20 seconds minimum... Maintain social distancing. Avoid touching your face. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Stay home and wait for guidance.



SHOW COMPASSION

Be kind. Nobody is intentionally spreading the virus. No one is unafraid. And no one is spared. Do not victimise others or cast blame. Do not judge the reactions of others. We are all in this together.



TRAVEL WISELY

Essential only. Check the latest travel advice of both your home country and that of your final destination. Travel restrictions are in place in many destinations. Make sure you can make the travel smoothly, safely. And speak with your GP if you are concerned and need additional advice. Going now is going to be more challenging - go safe and smart.

"The tourism value chain touches upon every part of society. This makes tourism uniquely placed to promote solidarity, collaboration and concrete action across borders in these challenging times and also ideally positioned to once again drive future recovery." - Secretary General UNWTO, Zurab Pololikashvili

Useful Sources:

- <https://www.who.int/health-topics/coronavirus>
- <https://anitamendiratta.com/2020/02/29/calming-the-contagion-of-fear/>
- <https://www.unwto.org/sustainable-development/resilience-of-tourism>