

ease your fears

CORONAVIRUS & TRAVEL

The World Health Organization (WHO) says there should be **NO TRAVEL RESTRICTIONS**

Harvard Medical School says it's **WEAKER THAN THE FLU**



SO I SHOULDN'T CANCEL MY TRIP?

NO. According to the World Health Organization (WHO), there shouldn't be any travel or trade restrictions due to the coronavirus. The risk of being infected is low in many countries.

WHAT ABOUT THE AIRPLANE CABIN ENVIRONMENT?

The WHO says an airplane cabin by itself isn't more conducive to spreading infection. The virus is not airborne. It's transmitted by droplets, and only lives on surfaces for short periods, perhaps 30 minutes. You can rest easy knowing that airlines have procedures in place that help prevent the spread of illness in the case that anyone on board is infected.



IS IT REALLY WEAKER THAN THE FLU?

There are an estimated 1 billion cases of the flu worldwide, while there are only 82,780* confirmed cases of COVID-19 worldwide. You have a much higher chance of encountering someone with the flu than COVID-19.

*As of 2/28/20



COVID-19 vs. FLU

COVID-19

82,780
CONFIRMED CASES WORLDWIDE*

2,817
DEATHS WORLDWIDE*

*As of 2/28/20

THE FLU

1 BILLION
CONFIRMED CASES WORLDWIDE*

646,000
DEATHS WORLDWIDE*

*Annually

WHY ARE PEOPLE WORRIED?



HUBEI PROVINCE

95% of all cases have occurred in China with a majority of those in Hubei Province

Older persons and persons with **pre-existing medical conditions** (such as high blood pressure, heart disease, or diabetes) appear to develop more serious cases of the coronavirus than others.

INTERESTING FACT

Mortality rate for the coronavirus in Wuhan was **4.9%**, and in China nationwide, it was **2.1%**

SARS in 2003 **10%**

MERS in 2012 **34%**

MYTH

vs.

FACT

MYTH:
Getting the virus is a death sentence

FACT:
Based on the data that is coming out, it seems to be a mild type of viral infection. There's a 2% fatality rate and those 2% almost always have a preexisting condition.

MYTH:
People are dying from COVID-19 in many countries.

FACT:
More than 95% of all COVID-19 cases are occurring in China, with the majority of those in Hubei Province. As of Feb. 26, 2020, 2,718 people in China have died from COVID-19, as well as 52 people in other countries. Medical authorities will confirm any fatalities in other areas.

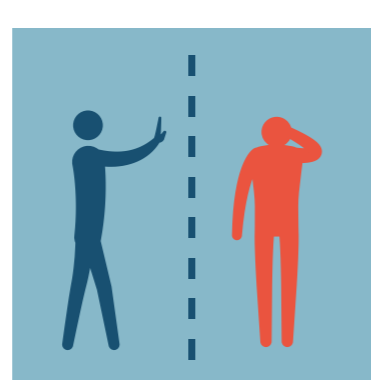
MYTH:
Receiving mail from China puts you at risk

FACT:
According to the WHO, coronaviruses do not survive long on objects, such as letters or packages.

PROTECTING YOURSELF IS EASY!



Wash hands at least 20 seconds



Avoid contact with infected people



Don't touch eyes, nose or mouth



Thoroughly cook meat and eggs



Avoid contact with animals

HERE'S OUR SOURCES

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>
- <https://www.health.harvard.edu/blog/be-careful-where-you-get-your-news-about-coronavirus-2020020118801>
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <https://www.businessinsider.com/coronavirus-myths-debunked-wuhan-china-2020-2>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>