

HEALTH ALERT CARD

FOR TRAVELERS AND FLIGHT CREW RETURNING FROM COUNTRIES WITH ACTIVE TRANSMISSION
OF 2019 NOVEL CORONAVIRUS (2019 -nCoV) INFECTION

Keep this card for the next 14 days after returning to Malaysia. Monitor your body temperature and look out for fever ($\geq 38^{\circ}\text{C}$) and symptoms of cough and/or breathing difficulty. If these symptoms were to develop and you are not feeling well, seek medical advice **IMMEDIATELY**.



• Fever



• Cough



• Breathing Difficulty

Kindly practice the following :

- Always follow cough and sneeze etiquette ;
- Cover your mouth and nose using tissue whenever you cough or sneeze. Throw the tissue in the trash after you use it ;
- Wash your hands with soap and water or use hand sanitizer regularly ;
- Use face mask whenever being in public or close contact with people ;
- Always maintain good personal hygiene and cleanliness.

ATTENTION TO THE ATTENDING DOCTOR

The person who is presenting this health alert card to you had recently travelled or returned from affected countries with active transmission (within the past 14 days). If the person presents with fever ($\geq 38^{\circ}\text{C}$), cough and breathing difficulty, please refer him/her **IMMEDIATELY** to the nearest clinic/hospital.

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