

Information to prevent the spread of COVID-19

Symptoms associated with COVID-19:

- Fever (Temperature above 37.5 °C)
- Cough
- Fatigue
- Muscle and/or joint pain
- Throat pain
- Diarrhea
- Conjunctivitis (eye discharge) or irritation
- Headache (headache)
- Loss of sense of smell or taste
- runny nose
- Alarm signal: drowsiness
- Sign of severity: shortness of breath

To prevent the spread of COVID-19, follow the following recommendations during the event:

- Keep a safe distance from other people (at least 1.5 meters), even if they don't look sick.
- Get vaccinated when it's your turn. Follow the vaccination guidelines of your local authorities.



- Wear a mask in public, especially indoors or when physical distancing is not possible.



- When you cough or sneeze, cover your nose and mouth with a bent elbow or a tissue.



- Wash your hands frequently. Use soap and water or an alcohol-based hand sanitizer.



- Take into account:
 - Well-fitting masks can help prevent people who wear them from spreading the virus to others. However, they do not protect against COVID-19 on their own, but must be combined with physical distancing and hand hygiene.
 - Prioritize open spaces with good ventilation instead of closed spaces. If you're indoors, open a window.

INFORMATION FOR TRAVELERS [\(MORE INFORMATION\)](#)

If you present symptoms on your way to Mexico, you must inform the International Health team that carries out surveillance tasks at each point of entry into the country. If these signs start within two weeks, you should call 800-0044-800

The Ministry of Health of Mexico enabled a page to obtain the COVID-19 VACCINATION CERTIFICATE, as official proof to demonstrate that people have received the vaccine. Through the page <https://cvcovid.salud.gob.mx/> you can obtain the certificate that contains a QR code.

Mexico has not adopted restrictions for the air entry of visitors and the return of Mexicans from other countries. Personnel from the Ministry of Health are at the points of entry into the country to care for people who present symptoms associated with the coronavirus and take the corresponding measures.

- Make sure you receive travel authorization from your agency and consult a qualified health care provider before you travel.
- Do not travel if you are sick or have a fever and cough.
- Make sure to comply with hand hygiene and keep a minimum distance of one meter from those who cough and sneeze.
- Monitor your health for at least 14 days after your trip and before your return review the advice for UN staff who have recently traveled to areas where there has been ongoing transmission of COVID-19.
- Avoid visiting markets in areas where cases of coronavirus are occurring and avoid direct and unprotected contact with live animals or surfaces that are in contact with such animals.
- Avoid consuming raw or undercooked animal products and always follow proper food hygiene practices.
- If you develop a fever or respiratory symptoms such as shortness of breath or cough, seek medical attention immediately. Inform your doctor about your travel history and before visiting a health center do your best to explain your situation over the phone.
- Stay informed about health advice provided in your area, both before and during your trip.
- All travelers should be aware that local authorities may begin to apply travel restrictions and health control measures to travelers entering or leaving the country. Some countries may have their own permit restrictions and may even have ground to a halt making travel difficult.

Sources:

[Coronavirus.gob](#)

[SRE](#)

[ONU](#)

[Guía del viajero.gob](#)