

<b>Phone numbers of epidemiologists on call</b>	
Public Health "Dr. Andrija Štampar", Zagreb	091 46 96 444
Public Health Krapina-Zagorje	099 245 55 45
	091 730 79 13
	091 510 31 65
Public Health Sisak-Moslavina	098 29 35 78
	098 293576
	098 29 35 72
	098 981 32 73
Public Health Karlovac	098 247 630
Public Health Varaždin	099 211 98 02
Public Health Koprivnica-Križevac	098 59 22 15
Public Health Bjelovar-Bilogora	098 49 20 24
Public Health Primorje-Gorski kotar	091 125 72 10
Public Health Lika-Senj	091 504 49 17
Public Health Virovitica-Podravina	098 46 59 45
	098 46 59 44
Public Health Požega-Slavonija	098 98 29 204
Public Health Brod-Posavina	091 51 70 426
Public Health Zadar	098 33 27 65
Public Health Osijek-Baranja	031 225 717
Public Health Šibenik-Knin	091 43 41 201
Public Health Vukovar-Srijem	0912700366
	091 37 04 290
Public Health Split-Dalmatia	091 15 12 003
Public Health Istria	098 441 821
Public Health Dubrovnik-Neretva	098 24 34 54
Public Health Međimurje	098 55 88 11
Public Health Zagreb county	099 736 87 84
<b>Croatian Institute of Public Health</b>	<b>098 22 77 53</b>



# **MEASURES FOR PREVENTING THE SPREAD OF CORONAVIRUS**



# Recommendations for Travellers to China

## 1. Recommendations for travellers to the areas affected by the novel coronavirus

- **Avoid contact with sick people.**
- **Avoid animals** (alive or dead) and animal markets.
- **Avoid raw or undercooked products of animal origin.** Consume only thoroughly cooked food.
- **Wash hands often with soap and water for at least 20 seconds.** After removing visible dirt from the hands, use an alcohol-based hand sanitizer if soap and water are not available.
- **Inform your physician on travelling abroad.** This particularly applies to elderly persons and persons suffering from chronic diseases, who have a higher risk of contracting the more severe form of the disease and complications.

## 2. Recommendations for travellers returning from the areas affected by the novel coronavirus who develop fever, cough or difficulty breathing during their stay or within 14 days after return

- **Seek medical care right away.** Before going to a doctor's office or emergency room, call ahead and tell them about the recent travel and symptoms.
- **Do not travel while sick.**
- **Avoid contact with others.** If this is not possible, wear a surgical mask that covers the mouth and nose when interacting with people.
- **Cover the mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing.**
- **Wash hands often with soap and water for at least 20 seconds.** After removing visible dirt from the hands, use an alcohol-based hand sanitizer if soap and water are not available.
- **Persons who do not have a nominated doctor in their place of residence may contact (or call) emergency services, or their local epidemiologist on call according to their place of residence.**

