



Travel Medicine Clinical Guidelines Australia and New Zealand



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Prevention of COVID-19 Infection at Destination Countries

Apart from what has been discussed in the other chapters, there are several measures to undertake to ensure COVID-19 transmission is minimised:

- Always follow local guidelines (mask, social distancing, testing, and isolation)
- Choose outdoor activities to minimise exposure to poorly ventilated areas
 - Being outside poses less risks compared to indoors, so where possible, advise travellers to eat, socialise and participate in outdoor activities
 - If this isn't possible, ensure a well fitted mask is worn indoors (even if not mandated) and limit time indoors
- Avoid large crowds and crowded marketplaces
- Where possible, walk or drive privately to destinations rather than taking public transport
- Always follow the local public health regulations

The best way to minimise COVID-19 is to:

- Stay up to date with vaccinations.
 - Wear a well-fitting mask indoors.
 - Avoid crowded areas.
 - Avoid poorly ventilated spaces
- These precautions should remain the gold-standard for all travellers prior to their travels.