



Monday, March 16, 2020

Catalonia, as the rest of Europe, is putting in place the necessary initiatives to contain the spread of Covid-19. The Catalan health system is well known for its quality and it is amongst the best in the world. It is absolutely prepared to detect and treat this virus and has established the appropriate protocols.

At the moment, Catalonia is in emergency phase and mobility is restricted. Tourism services, attractions and establishments are inactive. People who intend to travel to Europe, Spain and Catalonia should follow the information and recommendations provided by the Foreign Affairs Ministry of their country.

Below are the recommendations of the WHO and the Department of Health:

- Keep your distance with other users (at least 1 meter) and avoid physical contact.
- Cover your nose and mouth with a handkerchief when coughing or sneezing.
- Preferably, use disposable handkerchiefs.
- Maintain cleanliness and use disinfection at workspaces.
- Do not share glasses nor alike with co-workers and / or other users.
- Do not touch handkerchiefs used by others directly with your hands (for example, if they may be on the floor).
- Maintain proper hygiene habits, such as avoid putting pens or fingers in your mouth, touching your eyes and nose, etc.
- Maintain personal hygiene.
- Wash your hands often (with soap and water or alcohol-based solutions). Particularly after: being in the presence of someone with a cold or the flu, using public transportation, touching common surfaces such as railings, door handles, etc, coughing, sneezing, blowing your nose, going to the toilet, treating a wound. Moreover, before handling food or eating, wearing or removing contact lenses and treating a wound.

Useful links

Catalan Tourist Agency website

<http://act.gencat.cat/covid19/>