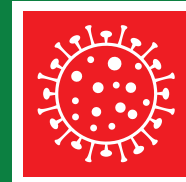


COVID-19



TRAVEL MEASURES ON COVID 19

KNCCI members should consider the risks of international travel, given the spread of the virus and the difficulty of predicting which travel destinations may put people at risk. Those age 65 and over and those with chronic health conditions should be particularly careful about travel due to their higher risk. We strongly encourage the following:

- You are at much greater risk if travelling to international conferences or large gatherings in enclosed spaces.
- Check entry requirements for the countries you are visiting before you travel. Many countries have implemented restricted entry regulations.
- Make sure you have checked with your employer before travelling. Many companies have implemented travel restrictions on employees in order to protect staff and workplaces.
- Consider whether, if you get sick, you can afford staying in a hotel abroad longer than planned, or, if you get stuck in quarantine while abroad, you have sufficient sick leave and can be away for longer than anticipated, if required.
- If travelling, consider purchasing adequate travel insurance that will cover you for a pandemic, or for any cancellation that will need to be made.
- If you have travelled and returned to Kenya, you should self-monitor for symptoms for at least 14 days after your return, during your self-quarantine. If symptoms do appear, contact the hotline numbers below:

Tel: 0729471414/ 0732353535

Toll free line: 0800721316 or dial 719