

# ease your fears

## CORONAVIRUS & TRAVEL

The World Health Organization (WHO) says there should be **NO TRAVEL RESTRICTIONS**

Harvard Medical School says it's **WEAKER THAN THE FLU**



### SO I SHOULDN'T CANCEL MY TRIP?

**NO.** According to the World Health Organization (WHO), there shouldn't be any travel or trade restrictions due to the coronavirus. The risk of being infected is low in many countries.

### WHAT ABOUT THE AIRPLANE CABIN ENVIRONMENT?

The WHO says an airplane cabin by itself isn't more conducive to spreading infection. The virus is not airborne. It's transmitted by droplets, and only lives on surfaces for short periods, perhaps 30 minutes. You can rest easy knowing that airlines have procedures in place that help prevent the spread of illness in the case that anyone on board is infected.



### IS IT REALLY WEAKER THAN THE FLU?

There are an estimated 1 billion cases of the flu worldwide, while there are only 82,780\* confirmed cases of COVID-19 worldwide. In most cases, you have a much higher chance of encountering someone with the flu than COVID-19.

\*As of 2/28/20



### COVID-19 vs. FLU

**COVID-19**  
**82,780**  
 CONFIRMED CASES WORLDWIDE\*  
**2,817**  
 DEATHS WORLDWIDE\*  
 \*As of 2/28/20

**THE FLU**  
**1 BILLION**  
 ESTIMATED CASES WORLDWIDE\*  
**646,000**  
 ESTIMATED DEATHS WORLDWIDE\*  
 \*Annually



### 95% of all cases are here

#### HOW DOES IT COMPARE TO PAST OUTBREAKS?

The mortality rate for the coronavirus is very low compared to some past outbreaks.

Mortality rate for the coronavirus in China: **2%** vs. SARS in 2003: **10%**  
 MERS in 2012: **34%**

### MYTH

vs.

### FACT

**MYTH:** Getting the virus is a death sentence

**FACT:** Based on the data that is coming out, it seems to be a mild type of viral infection. There's a 2% fatality rate and those 2% almost always have a pre-existing condition.

**MYTH:** Traveling internationally is dangerous.

**FACT:** Due to the risk of infection being low in most countries, the World Health Organization (WHO) has not issued any travel bans due to the coronavirus.

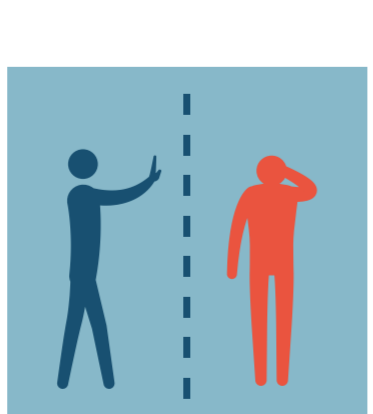
**MYTH:** Receiving mail from China puts you at risk

**FACT:** According to the WHO, coronaviruses do not survive long on objects, such as letters or packages.

### HOW TO PROTECT YOURSELF



Wash hands at least 20 seconds



Avoid contact with infected people



Don't touch eyes, nose or mouth



Thoroughly cook meat and eggs



Avoid contact with animals

### OUR SOURCES



- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>
- <https://www.health.harvard.edu/blog/be-careful-where-you-get-your-news-about-coronavirus-2020020118801>
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <https://www.businessinsider.com/coronavirus-myths-debunked-wuhan-china-2020-2>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>
- <https://www.worldometers.info/coronavirus/coronavirus-death-rate/>