

# HEALTH ALERT CARD

FOR UMRAH PILGRIMS / HAJJ PILGRIMS / TRAVELERS AND FLIGHT CREW RETURNING FROM THE HOLY LAND OR FROM COUNTRIES WITH ACTIVE TRANSMISSION OF MIDDLE EAST RESPIRATORY SYNDROME CORONAVIRUS (MERS-CoV) INFECTION

Keep this card for the next 14 days after returning to Malaysia. Monitor your body temperature and look out for fever ( $\geq 38^{\circ}\text{C}$ ) and symptoms of cough and/or breathing difficulty. If these symptoms were to develop and you are not feeling well, seek medical advice **IMMEDIATELY**.

As such, kindly practice the following :

- i. Cover your mouth and nose using tissue whenever you cough or sneeze. Throw the tissue in the thrash after you use it. Wash your hands with soap and water or use hand sanitizer regularly ;
- ii. Always follow cough etiquette and use face mask whenever being in public or close contact with people ;
- iii. Always maintain good personal hygiene and cleanliness.

## ATTENTION TO THE ATTENDING DOCTOR

The person who is presenting this health alert card to you had recently travelled or returned from Middle East countries or other affected countries with active transmission such as Republic of Korea (within the past 14 days). If the person presents with fever ( $\geq 38^{\circ}\text{C}$ ), cough and breathing difficulty, please refer him/her **IMMEDIATELY** to the nearest hospital.

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