



MERS-CoV

Middle East respiratory syndrome coronavirus

Information for those travelling to the Middle East



Consult doctor before travelling if you have chronic disease



Ensure you have had the mandatory and recommended vaccinations



Cover mouth when coughing or sneezing, use tissue or upper sleeve. Wash hands with soap and water regularly



Avoid close contact with camels, drinking camel milk or eating camel meat



If you have a fever (38°C and over), cough or difficulty in breathing contact your nearest healthcare service



Carry and drink plenty of water to avoid dehydration and get urgent help if you develop heat-related illness (eg cramps, dizziness, fever, collapse)



Apply sun cream to any exposed skin