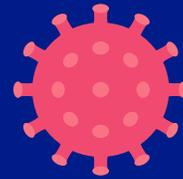


# COVID-19 (Coronavirus)



## Guidance for Transportation Operators

Based on guidelines from the World Health Organization and Public Health England, the following information is provided by the Ministry of Health for Bermuda's transportation operators. People in contact with arriving airline passengers, including transportation operators, such as taxi and minibus drivers, bus operators and ferrymen, must follow the guidelines provided in this document.

### What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

### What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some persons may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention and call in advance.

### How does COVID-19 spread?

People can catch COVID-19 from others who have the virus.

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. If you think

a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. Try to maintain at least one metre (three feet) distance between yourself and anyone who is coughing or sneezing.

The risk of catching COVID-19 from someone with no symptoms at all is very low. COVID-19 is not spread by mosquitos, water, or food.

### Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about one in every five people who catch it need hospital care. It is therefore quite normal for you to worry about how the COVID-19 outbreak will affect you and your loved ones.

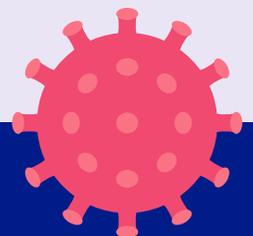
You can channel your concerns into actions to protect yourself, your loved ones and our community. First and foremost among these actions is:

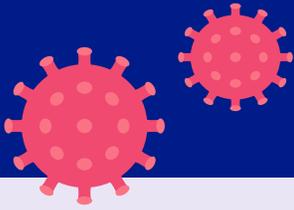
- Regular and thorough hand-washing with soap and water. If soap and water aren't immediately available use an alcohol-based hand sanitizer.
- Avoid touching your eyes, mouth, and nose.
- Practice good respiratory hygiene. Cover your cough or sneeze.
- If you are unwell stay at home and do not go to school. You also must not attend social gatherings or attend extra-curricular activities.

### Should I wear a mask to protect myself?

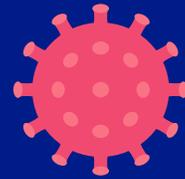
Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face masks can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.

**Stay informed on the latest developments about COVID-19 by visiting the Government of Bermuda's website <https://www.gov.bm/coronavirus>**





# COVID-19 (Coronavirus)



The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least one meter (three feet) from people who are coughing or sneezing.

### What should I do if a passenger is coughing or sneezing?

If a passenger is coughing and sneezing, inform them that in accordance with the Ministry of Health, they should avoid traveling on public transportation. You should also encourage them to contact their doctor and seek medical guidance. If the coughing or sneezing passenger has made contact with the interior of your vehicle, all surfaces that the passenger has come into contact with should be cleaned. Routine cleaning and disinfectant supplies are generally sufficient for cleaning and no special disinfectant should be required. Read the labels and follow cleaning instructions.

### Should I continue to handle luggage and other bags?

You may continue with your standard practices of providing help and support to your passengers. However a baggage

handle is a contact surface and may become a point of infection. As such, operators should sanitize or wash their hands after handling baggage.

### What else can I do to provide safe transportation?

To help prevent the spread of infectious diseases, arriving airline passenger are advised to implement a 14-day self-quarantine and not use public transportation. They should travel by private car or taxi with appropriate distancing.

If you are collecting arriving passengers from the airport, they should be seated in a position that minimizes risk to you, at least one metre (three feet) away.

The best way to reduce any risk of infection is good hygiene, avoiding direct or close contact with any person who is coughing or sneezing and washing your hands regularly with soap and water for at least 20 seconds. If soap and water aren't available, a hand sanitizer with at least 60% alcohol can be used. You may also wish to implement enhanced cleaning with a disinfectant of commonly touched items like railings, door handles, windows, and arm rests.

## Where can I go for more information? [www.gov.bm/coronavirus](https://www.gov.bm/coronavirus)



### CLEANSE HANDS

Frequently cleanse hands with soap and water or an alcohol-based hand sanitizer.



### COVER NOSE AND MOUTH

When coughing or sneezing cover your nose and mouth.



### AVOID CLOSE CONTACT

Avoid close contact with people who are sick.



### AVOID TRAVEL

If you have a fever, cough or flu-like symptoms, avoid travel.

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