

What should I do if I show COVID-19 symptoms?

Minimize contact with others

Stay in your accommodation, except for medical care.

Meeting attendees (non-staff)

Inform meeting organizer. They will contact health authorities.

Get rest and stay hydrated

Take over-the-counter medication such as Paracetamol to help you feel better.

Stay in touch with your doctor

Call ahead, make an appointment.

If you have trouble breathing, or have any other emergency warning signs, **call 144.**

Important contacts

VIC Medical Service

+43 (1) 2600 22222 Mon–Fri, 8:30–17:30
+43 6991 652 2222 24/7

Coronavirus Hotline

(0) 1450 24/7

Ambulance Service

144 24/7

Doc Around The Clock (non-UN, private service)

+43 664 144 9 144 House visit, 24/7

PCR testing lab (swab test)

DNA Confidence

www.confidence.at

IHR LABOR

<https://1220.ihrlabor.at/en>

LABORS.AT

www.labors.at

Vienna Airport

www.viennaairport.com/en/passengers

Resources

WHO

www.who.int

ECDC

www.ecdc.europa.eu/en

Federal Ministry of Austria

www.sozialministerium.at



VIC Medical Service

Your Health Link at the Vienna International Centre

COVID-19 QUICK GUIDE

Precautions



VIC Medical Service

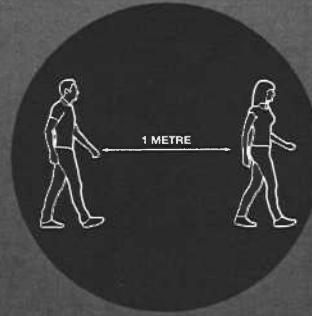
Your Health Link at the Vienna International Centre

PRECAUTIONARY MEASURES



Wash your hands

with soap and water frequently
for a minimum of 20 seconds



Practice physical distancing

where possible, keep at least one metre
between yourself and others



Wear a mask

as required or where physical
distancing is not possible

Know the symptoms of COVID-19

Any form of an acute respiratory infection
(with or without fever) with at least one of
the following:

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell

Symptoms can range from mild to severe,
appearing 2–14 days after exposure.

Serious symptoms

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

***Seek immediate medical attention if you
have serious symptoms. Always call before
visiting your doctor or health facility.***

People with mild symptoms who are
otherwise healthy should manage their
symptoms at home.

Considerations for travellers

- **Do not travel if you are sick.**
- Consider your organization's guidelines on travel.
- Contact in-house Medical Service for pre-travel assessment/consultation/advice.
- Be aware of the national and local health authority regulations in all countries on your itinerary.
- Make sure to practice hand hygiene, physical distancing and wear a face mask. Comply with thermal screening, if requested.
- If you feel sick during travel, inform your supervisor or crew, and seek medical care as soon as possible.