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 Line at the Vienna International Centre

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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.