

# ease your fears

## CORONAVIRUS & TRAVEL

To help in putting your mind at ease, we've gathered some grounding facts from authoritative sources, including Harvard University and the World Health Organization, about the coronavirus.



### SO I SHOULDN'T CANCEL MY TRIP?

According to the World Health Organization (WHO), there shouldn't be any travel or trade restrictions due to the coronavirus.

In response to confirmed cases of the coronavirus, CDC discourages nonessential travel to the following destinations: China, Iran, Italy, and South Korea.

### WHAT ABOUT THE AIRPLANE CABIN ENVIRONMENT?

The WHO says an airplane cabin by itself isn't more conducive to spreading infection. The virus is not airborne. It's transmitted by droplets and only lives on surfaces. Airlines have procedures in place that help prevent the spread of illness in the case that anyone on board is infected.



### HOW DOES IT COMPARE TO THE FLU?

There are more cases of the flu than COVID-19 worldwide. In most cases, you have a much higher chance of encountering someone with the flu than COVID-19.



### COVID-19 vs. FLU

#### COVID-19

**98,202**  
APPROXIMATE CASES WORLDWIDE\*

**3,381**  
APPROXIMATE DEATHS WORLDWIDE\*

\*As of 03/06/20

#### THE FLU

**1 BILLION**  
ESTIMATED CASES WORLDWIDE\*

**646,000**  
ESTIMATED DEATHS WORLDWIDE\*

\*Annually



Most cases are in China with a majority of those in the Hubei Province

#### HOW DOES IT COMPARE TO PAST OUTBREAKS?

The mortality rate for the coronavirus is very low compared to some past outbreaks.

Mortality rate for the coronavirus globally: **3%\*** vs. SARS in 2003: **10%**

\*3.4% as of 03/06/20

MERS in 2012: **34%**

### MYTH

vs.

### FACT

**MYTH:**  
Getting the virus is a death sentence

**FACT:**

Based on the data that is coming out, the fatality rate is just over 3% and almost all of those had a pre-existing condition.

**MYTH:**  
Traveling internationally is dangerous.

**FACT:**

Due to the risk of infection being low in most countries, the World Health Organization (WHO) has not issued any travel bans due to the coronavirus.\*

**MYTH:**  
Receiving mail from China puts you at risk

**FACT:**

According to the WHO, coronaviruses do not survive long on objects, such as letters or packages.

\*CDC discourages nonessential travel to the following destinations: China, Iran, Italy, and South Korea.

### HOW TO PROTECT YOURSELF



Wash hands at least 20 seconds



Avoid contact with infected people



Don't touch eyes, nose or mouth



Thoroughly cook meat and eggs



Avoid contact with animals

### OUR SOURCES



World Health Organization



JOHNS HOPKINS UNIVERSITY



HARVARD MEDICAL SCHOOL



- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>
- <https://www.health.harvard.edu/blog/be-careful-where-you-get-your-news-about-coronavirus-202002118801>
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <https://www.businessinsider.com/coronavirus-myths-debunked-wuhan-china-2020-2>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>
- <https://www.worldometers.info/coronavirus/coronavirus-death-rate/>