1. Follow Government advice

Always follow the advice offered by your government, whether you’re due to travel or have arrived back into your home country. If you are a returning traveller from an affected area, check local government advice on any steps you should take on arrival.

2. Seek medical advice

If you feel unwell, consult a medical professional, whether you have returned from a trip, planning to travel or simply enjoying to your home town.

3. Get insured

Ensure you have comprehensive travel insurance in place. If you don’t, make sure you get travel insurance for every trip you take.

4. Postpone, don’t cancel

If the World Health Organisation (WHO) or your country isn’t recommending travel to your chosen destination, consider rebooking for a different date. Alternatively, you could consider changing your destination. Many airlines and hotel chains are waiving cancellation fees and offering more flexible rebooking policies.

5. Don’t stigmatise

While health is always a natural cause for concern, many people are suffering from a cold at this time of year so it’s important not to stigmatise people, particularly individual tourists and groups from China and Asia.

6. Wash your hands & cover up

Good hygiene is the most important line of defence, so be sure to wash your hands throughout the day using either soap and water or an alcohol-based sanitiser. Also, don’t forget to cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

7. Share positive travel experiences

Use social media to share your positive travel stories.

8. Keep calm

Exercise caution, but do not panic.