If you are feeling ill

Meeting attendees (non-staff)

Inform organizers if attending an event.
They will contact health authorities.

Stay at home

Or in your hotel,
except for medical care.

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
Ambulance: **144**
VIC Medical Service: **+43 (1) 2600 22222**

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)

IHR LABOR
https://1220.ihrlabor.at/en

LABORS.AT
www.labors.at

Vienna Airport
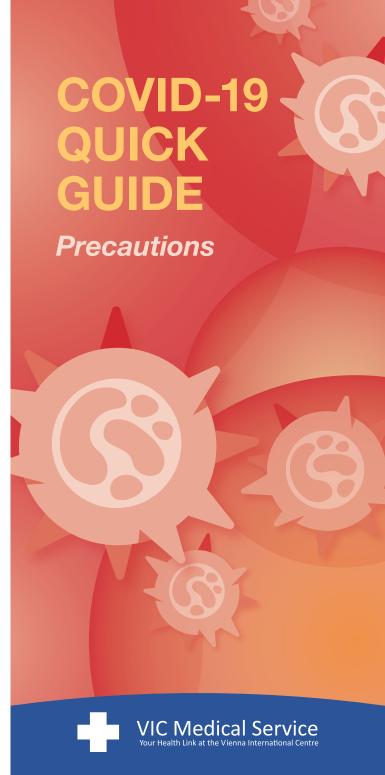www.viennaairport.com/en/passengers

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

20-02278E

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

KEEP DISTANCE

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.