



MEDICOVER

KEY SAFETY RULES FOR TRAVELLERS AND HOLIDAY-MAKERS ABROAD



IF YOU DECIDE **TO TRAVEL ABROAD:**

- **Read carefully the epidemic safety regulations valid and binding in the destination country** (warnings for travellers are available on the website of the Ministry of Foreign Affairs).
- **When entering to a foreign country, you may be asked to provide the destination address and a document certifying lack of coronavirus infection.** Make sure to have all the necessary paperwork on you all the time.
- **During your stay or travel, you may come into contact with a person infected with COVID-19, and consequently, be forced to undergo an obligatory quarantine outside of Poland.**
- **In some countries, a two-week quarantine is still obligatory for anyone crossing the border.**
- **You can expect increased sanitary controls at the borders.**
- **Restrictions may change during your stay. Before travelling, make sure to contact the airline, travel agency and insurance company to find out what your options are if something changes during your stay in a foreign country, e.g. if the borders get closed.**
- **Get an insurance policy; it should cover infectious diseases, including COVID-19.**
- **When travelling by airplane, comply with all precautions adopted by the carrier.** Before the flight make sure to consider the risks associated with such a travel. Some of the passengers may be infected with SARS-CoV-2, and there is a risk that you can get infected with the virus, too.
- **Follow all the recommendations of the Chief Sanitary Inspectorate and monitor the announcements issued by the World Health Organization and the European Centre for Disease Prevention and Control.**

On the European Commission's website you will find information https://ec.europa.eu/info/live-work-travel-eu/health/coronavirus-response/travel-and-transportation-during-coronavirus-pandemic_en and a map (<https://reopen.europa.eu/pl>) with travel rules for all EU countries. You will learn from it where there are no restrictions and where they still exist. You will also get information on services available, and on health and safety issues.