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## Guidelines

# Health Guidelines for Domestic Air Travel During COVID 19 Outbreak

### Objective

To provide the public and the management with health guidelines regarding domestic air travel keeping in mind social distancing and related measures to break the transmission chain of the epidemic through person-to-person contact, thus reducing the risk of becoming infected during outbreak.

### Rationale

Preventive measures play an important role in limiting the spread of a communicable disease. Such measures can help reducing the infection transmission and unnecessary burden on acute care facilities. While domestic air travel is allowed, additional measures are required to ensure no/minimal spread of disease.

### Instructions

It is recommended to stay home as much as possible and avoid close contact with others, especially if you are at higher risk of severe illness. However, if travelling is required then there are general instructions that should be followed.

#### **Protect yourself and others during your travel:**

- Avoid travelling if you have cough, fever/ flu like symptoms
- Persons having co morbidities (Diabetes, Heart conditions, Asthma), and persons older than 50 years of age should not travel unless very necessary
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Avoid touching surfaces that may be frequently touched by other passengers, e.g. handles, seatback latches, seat belt buckles. Once touched, use a sanitizer to clean your hands as above.
- Avoid close contact with others (maintain a distance of 6 feet wherever possible).
- Wear a face mask (disposable/ cloth face covering) in public while at the airport or in the airplane.
- Cover your face appropriately during coughs and sneezes (cough etiquettes).



### **Instructions for airport staff:**

- Avoid close contact with others and maintain a distance of 6 feet
- Wear a face mask (disposable/ cloth face covering) in public places while at the airport
- Passengers are to be scanned through thermal devices for COVID-19 before boarding. Either a thermal scanner or a calibrated non-contact thermal device shall be used for the purpose. Any passenger or crew member with raised body temperature shall be examined by a Health professional at the airport of embarkation and a decision will be made whether to allow them to board the flight accordingly
- Inform the CAA officials and Health Department about the suspected cases
- Allocation of specific areas for isolation and SOPs for handling a suspected patient should be in place and functional
- Posters to be displayed at prominent places regarding preventive measures to be in place

### **Instructions for Checking in:**

- Avoid close contact with others ensuring 6 feet distance
- Try using online check-in before moving
- Wear a face mask/cloth covering in public
- Avoid touching surface, cards, machines; once touched, use a hand sanitizer to clean your hands.
- Safety protocols should be followed at luggage check-in to ensure the safety of staff and passengers

### **Within plane:**

#### ***Instructions for managers***

- All scheduled planes, before they are allowed to be used for public service should be properly prepared/disinfected
- The plane should be completely disinfected on arrival at each terminal by designated safety inspectors.
- They shall also ensure that all frequently touched parts in the plane such as seat handles, seatback table latches and seatbelt buckles, railings and toilets are sanitized.
- All passengers, staff and crew members must always wear a face mask/cloth face covering, other than mealtimes.
- Thermal screening for all passengers and staff to be carried out before boarding
- Notices about COVID-19 prevention and health and safety guidelines should be displayed in each plane and in the airports for public awareness
- Sanitizers and facemasks should be available for all passengers and staff

#### ***Instructions for Passengers***

- Cooperate with airline staff and follow instructions
- Wear your facemask at all times while in plane
- Do not change your seating plan and only occupy the seat allotted by the airline authority
- Inform the cabin crew if feeling unwell



### *Instructions for Cabin crew*

- Cabin crews should be properly attired with clean clothes at all times and maintain the required hygiene at all times with fresh clothes used daily.
- Cabin crew should wear approved personal protective equipment
- Cabin crew will provide hand sanitizer to each passenger during the flight.
- Regular instructions to be issued to all transport operation staff.
- Ensure that all SOPs are being followed by passengers and crew in letter and spirit

*Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.*

*The Ministry acknowledges the contribution of Syeda Shehirbano Akhtar and HSA/ HPSIU/ NIH team to compile these guidelines.*

### **References**

1. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
2. Managing post COVID-19 Passenger Transport for a Safe Return to Economic and Social Life in Sri Lanka  
[https://drive.google.com/file/d/1Fta0zppnInBFdBIzywAO\\_rin5-KQogGp/view](https://drive.google.com/file/d/1Fta0zppnInBFdBIzywAO_rin5-KQogGp/view)

**For more information, please contact:**

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<http://covid.gov.pk/>

<http://nhsrc.gov.pk/>

<https://www.facebook.com/NHSRCOfficial>

<http://www.hsa.edu.pk/>

<https://twitter.com/nhsrcofficial>

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