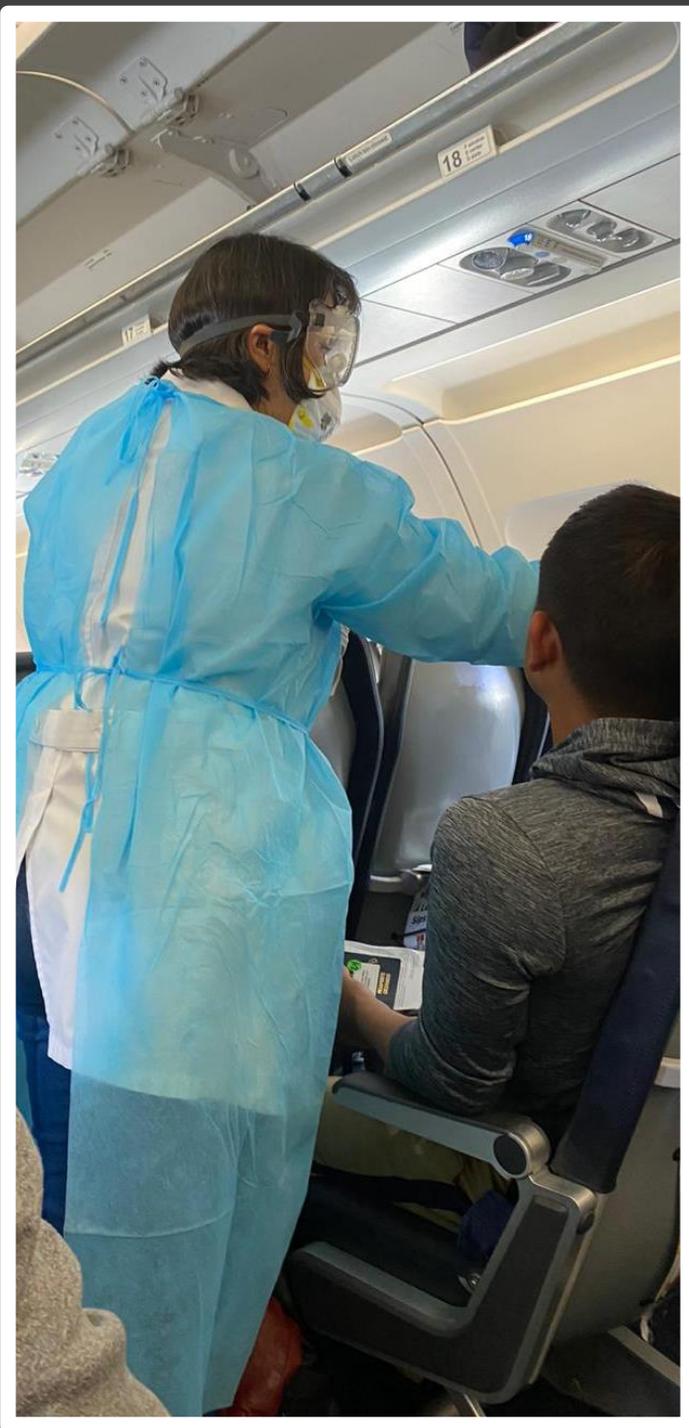




TAG Airlines

Care and prevention guide
to avoid
Coronavirus / COVID-19





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Father and daughter together in a city near Wuhan, China.

Photo: AFP.



What exactly is Coronavirus / COVID-19?

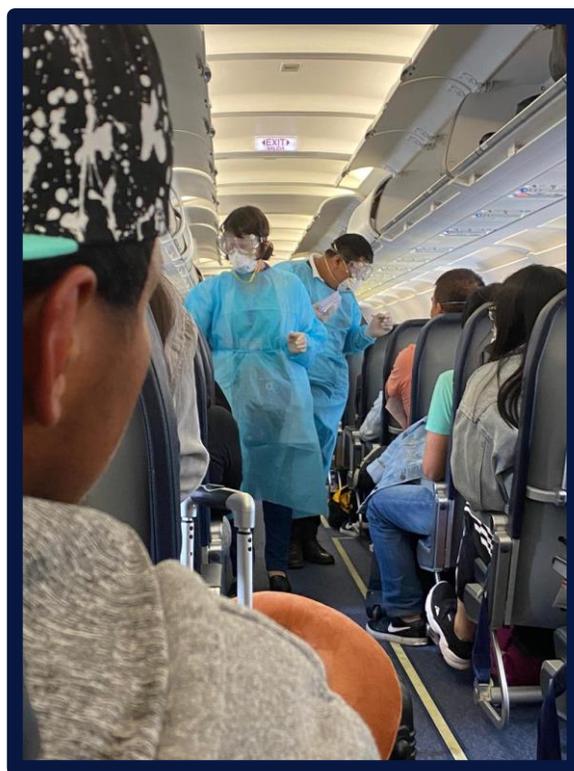


COVID-19 is an infectious disease caused by a virus that had never been detected in humans until now.

Common signs of infection include respiratory symptoms, fever, coughing, shortness of breath and breathing difficulties.

It is now sure that the disease can be transmitted from human to human.

Specially by standing too close when someone infected coughs or sneezes. The virus can also live in the environment for some time.



Interesting data of the virus around the world

- Over 657.434 cases of people with the disease.
- It has expanded to over 163 countries around the world, the first cases (over 81.394) in China.
- Italy has the biggest number of deaths, 10.023 respectively.
- Over the world, the amount of deaths are 30.420 and the number of recoveries are 141.419.
- The U.S. registers the most number of infected cases today, with over 120.059 infected patients.



Coronavirus Myths and Realities

1. In warmer weather the virus doesn't spread

This is not true, the warmer weather helps the virus weaken fast, and it's easier to eliminate.

Besides, there are a few confirmed cases in several countries of the African continent.



2. There is a vaccine that prevents the virus

Many people assured that there was a vaccine created to prevent the virus of COVID-19 from entering the system. The reality is that there are several laboratories around the world working to create a vaccine as fast as possible.



3. I should not receive mail or packages from other countries

Thanks to some experiments and analysis made, we know that this type of virus can't actually survive a lot of time in letters or packages.



4. Pets can actually contract and transmit the virus

There are not cases of domestic animals that have contracted the virus until today.



Wash your hands or use hand sanitizer after you touch or have contact with any pets, but this is just a preventive measure.

5. There is a quick exam to check if you have the virus

There are no easy tests that in a matter of minutes can actually tell you if you have or not the virus.

The only official test is the analysis known as PCR. In our country only public hospitals and some private health institutions have access to this type of laboratory tests.



Consejos de cuidado y prevención

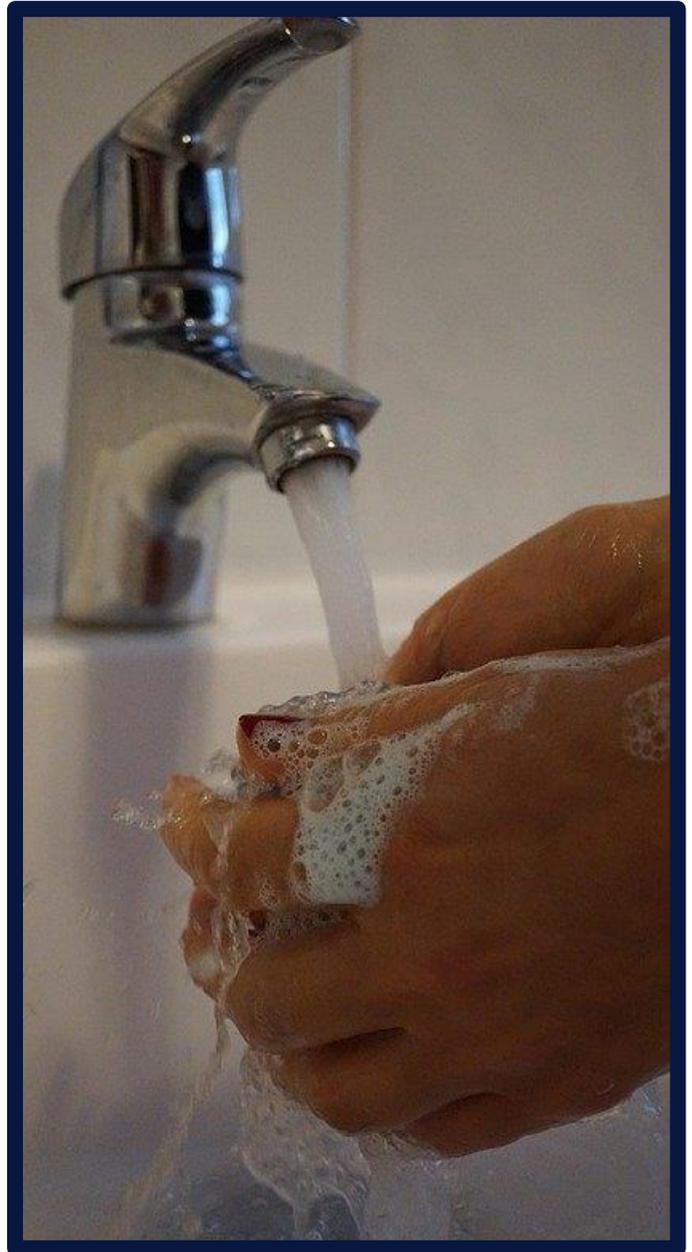
1. Keep your distance

It's recommended that you keep a distance of 1 meter or 3 feet among others, and avoid shaking hands, kisses and hugs.

2. Wash your hands

We know by the indications of health experts that hand sanitizers are as effective in eliminating bacteria as washing your hands with water and soap.

The trick is to wash your hands for 20 seconds, first with some water, then put a bit of soap, then rub your hands, make sure to wash in between your fingers, wrists and arms if necessary.

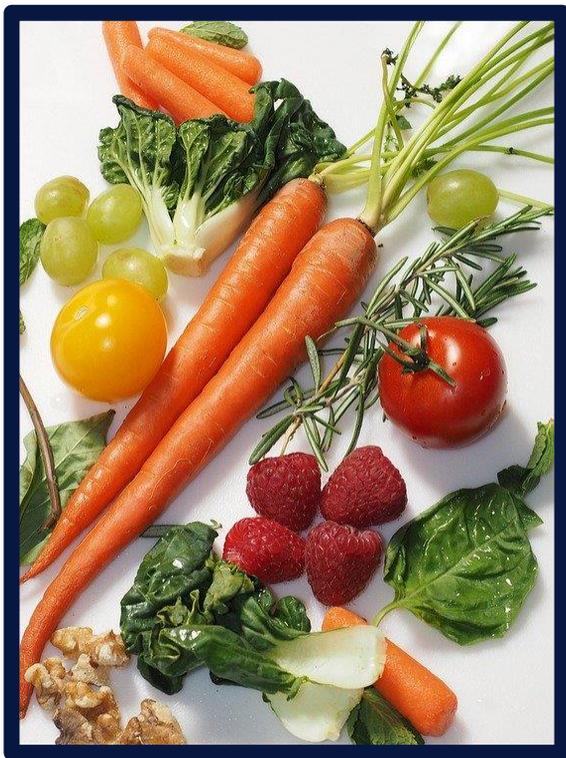




3. Don't leave your house if you are sick

This is one of the most important advices from the health experts. If you feel sick it's better to stay at home for a couple of days.

If you have high fevers or experience other symptoms like difficulty to breath, is better that you go to the doctor. Then you will know if you need to get tested.



4. Healthy food

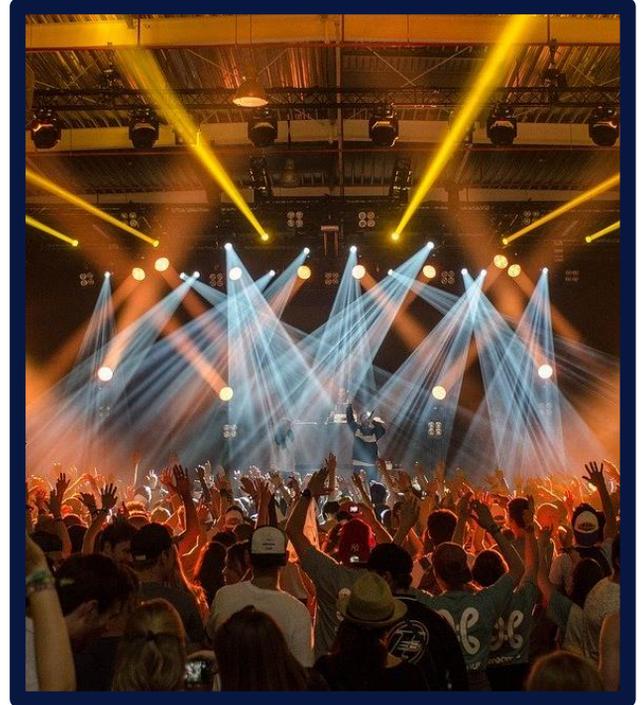
Fruits that contain high levels of vitamin C are the most recommended. Oranges are lemons are ideals to keep the immune system healthy.

Vegetables can't be left out. If you can is better to take some vitamin supplements or vitamin C in capsules to strengthen the immune system.

5. Avoid Crowds

The world health organization also assured that if you surround yourself with too many people the risk of contagion increases.

In most countries there have been cancelled every type of massive events and religious celebrations.

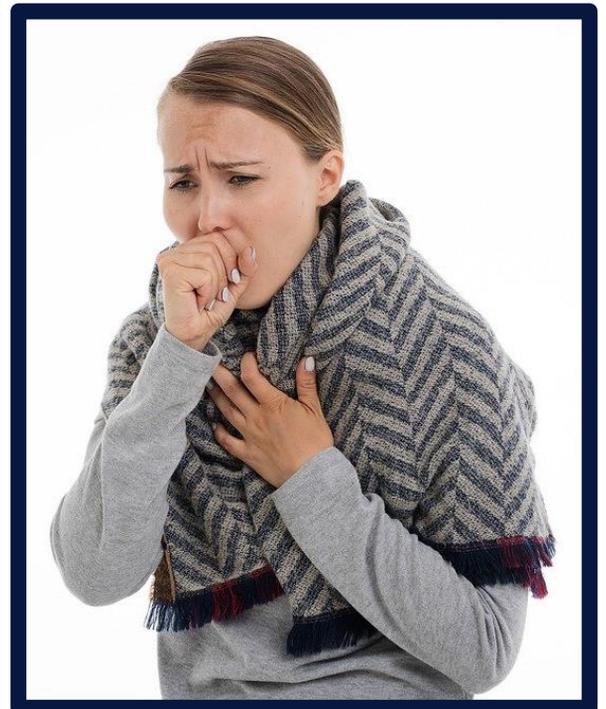


6. When you sneeze or cough

Another important care that you must have is to cover your mouth when you sneeze or cough.

You can cover your mouth with a Kleenex or the internal part of your elbow.

Remember to wash your hands, this helps eliminate the probabilities of the virus expanding to others.





7. Using masks

Masks are usually effective if a person that is sick wears them, the risk of infecting others is less, but it doesn't protect other healthy people from getting the virus.

The health workers, doctors and others must wear masks at all times when working with sick or infected patients.

8. Keep informed

A lot of fear and misinformation has been spreading around by non-official sources, generating more fear and chaos.

The only official sources of information during this crisis are the French health institutions of each country and The World Health Organization.

If you are in Guatemala and need assistance or declare some case of COVID-19 you can call directly to: **1517 y 1540.**



9. Clean surfaces always

If you stay at home make sure that this is a safe place for you and your family. Wash the floors with some soap or a cleaner with high chlorine content.

Have cleaning wipes at hand for objects like tables, chairs and shoes.



10. If I must travel

Even if the borders remain closed in many countries, many people still can take flights to go to internal destinations.

Airlines are taking all the necessary measurements like cleaning and sanitizing every airplane after the passengers leave the plain.

Other interesting data is that the air that circulates inside the plain is purified constantly.

So you will be safe even if you have to travel constantly.



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