

Travelling out of Malta - How to stay safe when travelling abroad

Please find some information to keep you safe when travelling overseas during the COVID-19 pandemic

Greetings!

Malta, like most of Europe, is currently in the COVID-19 transition phase where the restrictive measures which were imposed to control the coronavirus spread have progressively been relaxed. We have now re-opened our borders and are doing our utmost to keep the number of COVID-19 cases under control in Malta we have prepared some advice to keep you safe whilst you travel. Below you can find some useful tips to keep in mind when planning your trip and whilst travelling abroad.

Before travelling

- *Your health:* Do not travel without ensuring that you are in good general health. If you are on any treatment be sure to ask your doctor for prescriptions and any necessary certificates (e.g. for special medications) and make sure to carry adequate supplies of any medications with you. Make sure that you are up to date with all the vaccinations recommended for your destination country and carry a copy of a completed vaccination schedule with you.
- *Be informed:* Check the safety and emergency information and guidelines of the destination and transit countries by checking with reputable sources such as World Health Organization website (<https://www.who.int/>) and/or Re-open EU website (<https://reopen.europa.eu/en>), your travel agent or an official website in your destination country. Be sure to find out what the entry requirements of the destination country are, such as quarantine period, swab tests result and/or serology test results prior to travelling.
- Besides the country-specific information, check with the airline regarding COVID-19 mitigation measures and procedures which are implemented by the particular airline. Be aware of the specific seating arrangements that need to be adopted and also what protective face covering is expected during your trip and at which point this should be worn.
- *Insurance coverage:* You could consider purchasing travel insurance cover for your trip. Check what level of cover your policy includes particularly in relation to possible flight cancellations and the extent of COVID-related health care coverage.
- Always remember to carry a valid European Health Insurance Card (EHIC) for each member of your household when travelling to a European country.

Documents to prepare: Ensure that you have a valid passport and/or visa (if required). It is recommended to keep two copies of your passport, visa, travel insurance certificate, prescriptions and any other important documents to be used overseas such as international driving licence, etc... Keep an emergency contact list (e.g. name and contact number of the accommodation where you will be

staying, embassies and/or consulates in the destination country) and share it with your friends/relatives. You may wish to download the Malta Travel Point app on your smart phone prior to travelling. Always carry a copy of your completed vaccinations schedule if applicable together with your valid EHIC card.

Essentials to pack: Hand tissues, toothbrush and toothpaste, medical plasters, hand sanitizer, alcohol-based wipes, sufficient masks and/or visors, insect repellent, travel laundry detergent, travel thermometer, cash and/or credit card. Do not forget to pack your daily medications and a supply of over the counter medications and medical supplies which you may require during your trip. It is important to carry the right supply of cloth masks, surgical masks or visors to last you the whole trip. Remember that it is recommended that masks are replaced after 4 hours of use or else when they become moist.

About your trip:

- *Ensure you are up to date with the destination and/or airline requirements such as specific check-in procedures and other regulations (such as luggage policy and fitness declaration and any other specific measures).*
- Inform yourself about check-in procedures and other regulations (such as hand luggage and fitness self-declaration) with your airline or vessel.
- Complete your health and travel declaration form where applicable and check up to date travel health recommendations for the country you are going to travel to.
- Remember to wash your hands regularly

Useful resources:

<https://www.maltairport.com/passenger/flights-landing/airlines/>

<https://www.maltairport.com/passenger/flights-landing/fortnightly-schedule/>

http://www.virtuferries.com/?page_id=1539

- When selecting accommodation, choose a location which is not in a busy area but close enough to landmarks and your places of interest to reduce your reliance on public transport

- ✓ **IMPORTANT:**
- ✓ Travelling increases your chance of getting and spreading COVID-19
- ✓ If you are an older traveller or have underlying health problems, you should be aware that if you are infected with COVID-19 you could be at increased risk of severe infection.
- ✓ DO NOT TRAVEL if you have any of the following symptoms prior to travelling or on your return to Malta: Fever, cough, shortness of breath, tiredness, sore throat, runny

/ blocked nose, headache, muscle pain, loss of smell, loss of taste, diarrhoea or vomiting.

- ✓ If you experience any of the above-mentioned symptoms, please stay at home and call the Public Health helpline on 111. For urgent medical care please call 112. Visit www.covid19health.gov.mt for further information.

General recommendations

- ✓ **Respiratory etiquette**- cover your nose and mouth with a tissue or the inner side of your flexed elbow when coughing or sneezing (if no tissue is available) and dispose tissue in a closed, lined bin immediately.
- ✓ **Avoid touching your eyes, nose and mouth with unwashed hands** - since your hands may easily get contaminated with viruses by touching infected surfaces, do not touch your eyes, nose or mouth with unwashed hands.
- ✓ **Sanitise your hands often**
- ✓ **Wear your mask/visor** at all times
- ✓ **Keep a distance of 2 metres** from others

At the airport/port

If you are going to use public transport or a taxi to get to and from the airport, be aware that you need to wear a face mask or visor for the entire duration of your trip (and also on the bus stop or bus terminus). Make sure you arrive at the airport/ ferry terminal at least 2 hours prior to the scheduled departure time

Temperature screening will take place prior to your entering the terminal. Persons who are visibly unwell or who have a fever will be not allowed to progress with their trip. Only fellow travellers can accompany you inside the building (unless the traveller requires special assistance or is an unaccompanied minor). Smoking is not allowed at all times in any area of the terminal (including terraces).

Only travellers will be allowed to enter the airport terminal

Evidence has shown that wearing a mask and/or visor has been show to decrease the potential of contagion of COVID-19 particularly when you come in contact with people who you do not normally meet and more so in instances where an adequate physical distance cannot be maintained. Wearing a mask is a prerequisite at the airport and/or the ferry

terminal and also during the actual trip whilst on the aircraft or in the ferry. For advice on how to wear and remove a mask/visor please visit www.covid19.health.gov.mt .and look for the [Guidance on the Use of Face Masks for Decreasing Covid-19 Virus Transmission](#)

Ensure that you always follow floor signage and markings to maintain a [safe physical distance](#) of 2 metres from other individuals who are not travelling with you. Keep this in mind particularly at check-in, security screening area, the departure gates (outlets and eateries) and whilst boarding the vessel or aircraft.

Avoid all forms of greeting which include close contact such as hugging, kissing, hugs and handshakes. Wave, nod or elbow knock instead.

Whilst passing through the airport/port make sure that you always avoid crowded places, maintaining an adequate physical distance of 2 metres from others where possible.

Frequent use of hand alcohol sanitizing stations throughout the terminals, is recommended. You should rub your hands thoroughly for at least 20 seconds. Alternatively, [wash your hands](#) frequently with soap and water at washroom facilities. If you are using soap and water, you should see a lather (bubbles forming). Follow the steps in the diagram below to ensure that you clean all areas of your hands.

Make sure to clean your hands:

- After blowing your nose, coughing or sneezing
- After going to the toilet
- Before and after eating
- Before and after smoking
- Before and after putting on your face mask and taking it off.
- After touching frequently touched surfaces in public spaces (e.g. handrails, doors, lift buttons, switches, trolleys etc.)
- After boarding
- After using transport
- As soon as you arrive at your accommodation

Air travellers who wish to use La Valette Lounge or any VIP services, should send an email on info@lavaletteclub.com, 24 hours before their departure flight. For further information visit: <https://www.maltairport.com/covid19/>.

If you encounter difficulties or are in doubt at any time inside the airport/ferry terminal, look out for a member of the team who have been trained to assist you.

It is important to take extra precautions during your air travel.

During your travels

Upon arrival at the destination airport/port, practice the safety measures mentioned above including physical distancing, regular cleaning of hands and wearing of masks/visors. When reclaiming your baggage, avoid crowds, sanitise the handles of your luggage or trolley that you may have just received and avoid spending unnecessary time at the arrival terminal. It is recommended that you wipe down your luggage with an alcohol-containing wipe or a damp cloth soaked in soap and water on arrival at your accommodation.

By adequately planning your journey beforehand (e.g. booking a car or informing oneself of public routes/transport) you can decrease the time you spend indoors and the interactions within the terminal.

Some countries have enhanced entry/exit screening criteria which you should look out for in the research prior to your travel, and which you should adhere to upon arrival at your destination.

If during your trip you decide to visit landmarks or public places, keep the general principles for prevention of infection in mind. Be alert and keep updated on the safety procedures such as use of protective wear, physical distancing and cleaning of hands in touristic areas/places of interest. Where possible avoid crowds. Activities which draw large numbers of persons should be avoided. Be aware that outdoor activities pose a lower risk of contagion by coronavirus compared to indoor activities.

Online purchase and payment of tickets to tourist sites is encouraged to avoid queuing and handling cash.

Contactless methods of payment should otherwise be favoured. In the absence of this, washing or sanitisation of one's hands after handling cash is paramount.

Avoid unnecessary visits to live animal markets, wet markets, or animal product markets; if you do so, you should practice general hygiene measures, including regular hand washing with soap and water after touching animals and animal products, avoiding touching eyes, nose, or mouth with hands, and avoiding contact with sick animals, spoiled animal products or any live animals at the market. As a general precaution, the consumption of raw or undercooked animal products should be avoided.

It is a good practice to keep a document with important contact numbers, a list of chronic medical conditions and allergies one may suffer from, as well as any prescribed medications.

Always keep in touch with family, relatives or friends and keep them informed about your whereabouts.

If you come in contact with a COVID-19 positive case during you travel abroad

If you are informed that you have come into close contact with a positive case of COVID-19 follow the advice of the Public Health Authorities of the country. If in doubt, you may also wish to call the Public Health Helpline in Malta on 111 (or +35621324086 if calling from a non-Maltese line).

If you develop symptoms suggestive of COVID during your travel:

If you develop symptoms of a cough, fever, shortness of breath, headaches, tiredness, sore throat, muscle pain, runny nose, diarrhoea or a loss of, or change in, your normal sense of taste or smell (anosmia) while abroad or during travel or any other symptoms suggestive of COVID-19, you should:

Stay indoors and avoid contact with other people

Call your health provider, public health authorities and/or insurance company for advice

Seek and follow local public health guidance

If you become unwell at an airport, bus or train station before or during a long trip, seek medical advice immediately and do not start or continue your journey.

Once you have fully recovered, check with your health provider if you are fit to travel, before any onward travel.

Useful Resources:

1. <https://www.maltairport.com/>
2. <http://www.virtuferries.com/>
3. Covid19.health@gov.mt
4. Public Health Helpline 111/ +35621324086

5. <https://reopen.europa.eu/en>
6. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>