



## PROTOCOLS & RECOMMENDATIONS REGARDING CORONAVIRUS

According to Travel Weekly, Mexico remains one of the least affected countries by COVID-19, or Coronavirus. Currently, there are fifteen confirmed cases of COVID-19 in Mexico with patients located Coahuila one, Chiapas one, Durango one, Estado de México two, Nuevo Leon one, Puebla two, Querétaro one, Sinaloa one and Mexico City five. According to Hugo Lopez-Gatell Ramirez, Mexico's undersecretary of Health Prevention and Promotion, these patients have shown mild symptoms and are being kept in isolation.

Mexico remains one of the least affected countries by COVID-19, or Coronavirus, with **zero cases** detected in the State of Nayarit. The Ministry of Health in Mexico indicates they have acted in accordance with the protocols established by the World Health Organization (WHO) to address this situation. Mexico, the State of Nayarit and the Banderas Bay Hotel and Motel Association (AHMBB) adhere to strict international guidelines and protocols related to the prevention, detection, and treatment of many diseases and is well prepared. The health and wellbeing of its visitors and population is a top priority.

The health and wellbeing of our visitors and population is our top priority. Given these facts, there is no reason for travelers to consider changing their plans to visit, and we'd like to share protocols already in place in the State of Nayarit.

- The Gustavo Diaz Ordaz International Airport (PVR), Riviera Nayarit's main airport of entry, has no direct flights from China or any Asian country for that matter. Travelers hoping to visit the destination must first fly through other nearby airports, which have implemented protocols to screen incoming passengers and determine if they could represent a risk.
- Local and state authorities are in permanent communication with the private sector, associations and tourism suppliers to determine any potential risk related to the COVID-19. Additionally, all local hospitals and medical personnel are currently reviewing best measures to take should a potential case in the destination arise.
- The state of Nayarit, along with the Banderas Bay Hotel and Motel Association (AHMBB) are in constant communication to determine measures, best practices, or assessment measures and know to keep us informed about any potential risks or cases in the destination.
- The state of Nayarit remains abreast with the most up-to-date information and recommendations from the World Health Organization (WHO) and other relevant national and international health organizations.

**Below is further information that has been shared by local and international health authorities.**

### **What is a novel coronavirus?**

- A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not that same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.
- A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.

### **Why is the disease causing the outbreak now being called coronavirus disease 2019, COVID-19?**

- On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV."
- There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The name of this disease was selected following the World Health Organization (WHO) best practice external icon for naming of new human infectious diseases.

### **What is the name of the virus causing the outbreak of coronavirus disease starting in 2019?**

- On February 11, 2020, the International Committee on Taxonomy of Viruses, charged with naming new viruses, named the novel coronavirus, first identified in Wuhan, China, severe acute respiratory syndrome coronavirus 2, shortened to SARS-CoV-2.
- The virus is related to the SARS-associated coronavirus (SARS-CoV) that caused an outbreak of severe acute respiratory syndrome (SARS) in 2002-2003, however it is not the same virus.

### **What is the source of COVID-19?**

- Coronaviruses are a large family of viruses. Some cause illness in people, and others, such as canine and feline coronaviruses, only infect animals. Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people. This is suspected to have occurred for the virus that causes COVID-19.

### **What are the symptoms of the Coronavirus?**

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, cough and shortness of breath. Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

### **How does the virus causing Coronavirus Disease-2019 (COVID-19), spread?**

- This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus is now spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. Currently, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses.

### **Can someone who has had COVID-19 spread the illness to others?**

- The virus that causes COVID-19 is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why it is recommended that ill patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.
- How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with doctors, infection prevention and control experts, and public health officials and involves considering specifics of each situation including disease severity, illness signs and symptoms, and results of laboratory testing for that patient.

### **What preventative measures can be done to lessen the risk of the disease?**



- Wash hands frequently with soap and water and use gel-based hand sanitizer with a 7% alcohol base.
- Follow the “sneeze etiquette” when sneezing or coughing, that is, cover your mouth and nose with the crook of your arm.
- Don’t spit and don’t touch your face with dirty hands, especially your nose, mouth or eyes.
- Clean and disinfect surfaces and commonly used objects at home, the office, in enclosed areas, on transportation, in meeting places, etc.
- See your doctor when you have a respiratory ailment.
- Obligatory use of face mask for workers in contact with food or beverage.
- Antibacterial gel in all areas and offices.
- Ensure the bathrooms always have soap.
- Vaccination against the flu.

### **Is there a vaccine?**

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

### **Is there a treatment?**

There is no specific antiviral treatment for COVID-19. People with COVID-19 should seek medical care to help relieve symptoms.

### **Where to go should you have a concern:**

- If you have visited China in the last 14 days and believe you have symptoms mentioned above, you may contact one of the following hospitals that are ready and well prepared to assist. Certified doctors can also be sent directly to hotel guestrooms, private condo or villa to assist.
  - The Punta Mita Hospital  
Emergency Phone: (329) 688 0068  
Located close to La Cruz de Huancaxtle, Sayulita, San Francisco and Lo de Marcos.
  - CMQ Riviera Nayarit Hospital  
Emergency Phone: (329) 298 0717  
Av. Héroes de Nacozari 280 Bucerías, 63732  
Riviera Nayarit, Nay., Mexico  
Located close to Flamingos, La Cruz de Huancaxtle, Sayulita and San Francisco.
  - The San Javier Riviera Nayarit Hospital  
Emergency Phone: (322) 226 8181  
Paseo de los Cocoteros # 55, Nautico Turistico, 63732  
Nuevo Vallarta, Nay., Mexico  
Located in the Nuevo Vallarta – Flamingos corridor.