

Henner Medical Network

COVID-19 Sanitary Information

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Area / Country	Confinement	Emergency call number	Recommendations
Africa			
Algeria	Yes	Emergency line: 3030	Total Curfew in Blida town as it is the epicenter now, but in the capital Alger the curfew is partial. If the member presents any symptoms, self confinement is mandatory and the person need to call the dedicated number given by the MOH.
Angola	Yes	Emergency line: 113	Emergency was declared, the citizens must remain at home. Government recommends: avoid public places, gatherings, wash hands and be more careful with hygiene. If members feel any of the COVID-19 symptoms, they should isolate themselves and contact the local authorities by phone and they will be conducted to hospital.
Benin	No	COVID19 Hotlines: 95 36 11 07 51 02 00 00 51 04 00 00	Members with suspicious symptoms to immediately call the COVID-19 hotline. Detected COVID-19 positive cases are handed over to the Ministry of Health for quarantine in a facility dedicated to this purpose.
Botswana	Yes	COVID19 Hotlines: 08100 600 740 363-2273/2756/2757	The government has closed all borders with its neighbouring countries. An indefinite State of emergency declared as from 26 March prohibiting persons from leaving their home except for essential services. Country is on lockdown since 2 April 2020. Members who feel specific COVID-19 symptoms should call their health care provider or the MOH Emergency Operations line. Mandatory quarantine for 14 days.
Burkina Faso	No	COVID19 Hotline: 3535	National curfew from 7pm to 5am as from March 21st, 2020 for 15 days. National health authorities recommends: 1- Do not shake hands, 2- Do not hold each other, 3- Regularly wash hands, 4- Keep 1 meter distance for safety, 5- Avoid being in crowded places, 6- Limit the comings and goings to different places, 7- Wear a scarf on nose and mouth, and call the Ministry of Health's toll-free number in case of any suspicious symptoms.
Burundi	No	N/A	As of March 21st, 2020 travellers who enter the country must be in isolation for 14 days. No confinement or curfew imposed yet. No specific recommendations besides the preventive actions recommended by the World Health Organization such as avoiding shaking hands, washing hands regularly, keeping away from crowd, keeping distance in lines.
Cabo Verde	Yes	COVID19 Hotline: 241 11 62	Emergency state declared due to the Covid-19 all non essential services are closed. Any member with suspicious symptoms should self-isolate and call the local hotline number. Suspected cases to report to healthcare facilities.
Cameroon	No	COVID19 Hotline: 1510	If any suspicious symptoms patients need to immediately call the hotline for COVID-19.
Central African Republic	No	COVID19 Hotline: 1212	Any persons with suspicious symptoms should contact the nearest health center or call the hotline for COVID-19.
Chad	No	COVID19 Hotline: 1313	Any member with suspicious symptoms should call the toll-free hotline number.
Comoros	No	COVID19 Hotline: 320 88 19 469 36 41	Mandatory 14 days isolation for all suspected patients. Any traveller from countries affected by coronavirus shall be subject to a quarantine of at least 14 days in an unaffected third country before entering Comorian territory.
Congo	No	Emergency lines: 1414 or 1400 3434 COVID19 Hotlines: 05 628 40 43 06 478 70 44	Members with suspicious symptoms should contact the nearest health care center or call the COVID-19 Hotlines or emergency lines.
Congo (D.R.)	No	COVID19 Hotlines: 109 or 110	Mandatory quarantine of up to 14 days to any suspected member with a fever needs to contact a healthcare providers for further examination; Prohibition of all gatherings.
Cote d'Ivoire	Yes in Abidjan	COVID19 Hotlines: 143, 144, 101 Text message: 1366	Abidjan under confinement. In case of suspicious symptoms (cough, fever, sneezing), member needs to call the green toll-free hotline numbers immediately.
Djibouti	No	COVID19 Hotline: 1517	As of March 23rd, 2020, the government has decreed all commercial places are closed apart from health services, police, food stores, pharmacies, banks and gas stations.

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Egypt	Yes	Emergency line: 105 COVID19 Hotline: 15335	The authorities have announced a nationwide curfew from 7 p.m. until 6 a.m. for two weeks effective from March 25th and suspension of all governmental services. Two-week closure of most of the public services. Public transportation will be halted during curfew hours over the same period. Anyone who develops symptoms of respiratory illness (cough, fever and shortness of breath) must self-isolate at home, wear a mask when in contact with other persons and contact your doctor for advice on next step. In case of COVID-19 suspicious symptoms, medical authorities send patients to a dedicated facility for test. If results are positive, patient is quarantined in one of the dedicated public hospitals for 2 weeks. As a general rule, strictly follow preventive measures: wash hands regularly, cough in your elbow, do not shake hands, use disposable handkerchieves, wear a mask when sick. From March 25th on, for two weeks, curfew from 7pm to 6am on all the Egyptian territory applies everyday to individuals and public and private transportation.
Equatorial Guinea	no	COVID19 Hotline: 1111	Prohibits gatherings of more than 10 people; stop the bus traffic. All schools and bars and night clubs are also closed; limiting and quarantining international flights.
Eritrea	No		The Ministry of Health has issued guidelines such as banning commercial flights as from 26th March, prohibiting non essential movement in and out of the city with emphasis on social distancing. Eritreans living abroad are urged not to travel back home. Preventive precautionary hygiene measures. Testing for Covid 19 carried out at the National Health Laboratory. Villaggio Hospital in Asmara is the facility destined for isolation, treatment and follow-up of suspected cases.
Ethiopia	No	COVID19 Hotline: 8335, 0118276796 Toll-free: 952	Public Urged to strictly follow preventive practices and comply with governmental decisions. The Ministry of Health has banned all public gatherings, and closed all schools. Any suspicious cases are sent to Ethiopian Public Health Institute for testing. Eko Kotebe Hospital is set for isolation, treatment and management of the patients.
Gabon	No	COVID19 Hotline: 1410	Mandatory quarantine for all recent travellers. Prohibition of all unjustified movements between 7:30 pm and 06. 00 am. Restricted movement of people in the north with Cameroon.
Gambia	No	Emergency line: 1025	On 27th March, Gambia issued state of emergency for 7 days. This involves closure of non-essential services, markets, public places and place of worship, with limitation in social gathering and public gatherings. Closure of airspace and land border for 21 days as from 23 March 2020. The Government also request for 14-day isolation for persons arriving into the country and has set up a free national hotline for COVID-19 concerns and questions. Regular Contact tracing and monitoring persons under quarantine still on.
Ghana	Yes in Accra and Kumasi greater metropolitan areas	Emergency line: 112 COVID19 Hotlines: 55 843 9868 50 949 7700	As of March 30th, Government has imposed total lockdown in the Greater Accra Metropolitan Area and the Greater Kumansi Metropolitan Area with minimal movement except for essential services. Ghana has closed its borders as from March 22 and all citizens returning are put under 14 day mandatory quarantine. Most facilities can triage patients and suspicious cases are sent to designated government referral facility. Doctors can relieve symptoms by prescribing a pain or fever medication. A room humidifier or a hot shower can help with a sore throat or cough. Drink plenty of fluids, get rest and sleep as much as possible.
Guinea	No	Covid19 Hotline: 629 99 56 56	Gathering more than 100 people banned; suspension of flights to the most affected countries; suspension of visa issuance; closure of the airport; closure of schools and universities.
Guinea-Bissau	No	Emergency line: 1212	Local authorities closed borders, schools, restaurants, commerce and limited circulation of people. Proceed to ER in case of COVID-19 symptoms. Contact the local authorities and they will inform which hospital should be used.
Kenya	No	COVID19 Hotline: 719	National curfew from 7:00pm to 5:00am from 27th March, 2020. Currently two facilities are available under the Ministry of Health for testing at KEMRI & National Influenza laboratory . Current management centres are KNH and Mbagathi Hospital. For private preferences, The Aga Khan University Hospital is offering management. Random screening started, social gatherings suspended. Public gatherings of more than 15 people prohibited. Recent travellers from affected countries and their contacts to be screened. Some outpatient medical facilities have suspended operations and recommend that patients in need of emergency attention to visit hospitals with some private doctors offering tele-consultation services.

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Lesotho	Yes	COVID19 Hotline: 0800 029 999	The government has enacted a 21 day lockdown as from 29th March with exception of essential services. Social gatherings banned except funerals with no more than 50 in attendance. If member develops any symptoms contact his own doctor or clinic for advice on next steps. Screening available in every district hospitals when there is a suspected patient, trained staff can identify the cases, particular rooms where they can isolate the cases, if the test results are positive they escalate to the National Hospital of Lesotho. Lesotho does not have proper facilities for testing the virus hence they need to take blood samples to Bloemfontein, South Africa.
Liberia	No	Emergency line: 4455	As of March 24th, the ministry of health released the Declaration of National Health Emergency announcing the school closures and restrictions on public gatherings in Montserrado and Margibi counties for the next 21 days, as well as the closure of Roberts International Airport (with limited exceptions) as of March 23 at 11:59pm. Infected persons must be in quarantine as per national protocol. Members with suspicious symptoms are tested at the National Public Health Institute of Liberia.
Libya	No	Home consultation: 091 570 9013 or 091 500 9013	Start of in-house medication, Call for a home visit of doctor. No other official instructions.
Madagascar	Yes	COVID19 Hotline: 910	Confinement of the region of Antananarivo and the port of Tamatave. Residents highly recommended to stay home. If any suspicious symptoms appear, members need to call the hotline.
Malawi	No	Emergency line: 1 789 400	Recent travellers from affected areas have to self quarantine for 14 days. Screening done at entry at the country's main airports in Lilongwe and Blantyre. Suspected cases to be reported to government health officials for testing and isolation.
Mali	No	COVID19 Hotline: 36061	In case of any suspicious symptoms contact the nearest health centre or call hotline COVID19.
Mauritania	No	COVID19 Hotline: 1155	For any information or in case of suspicious symptoms, call the hotline COVID19.
Mauritius	Yes	COVID19 Hotlines: 8924 / 8925 / 8926 8927 / 8928 / 8929	Curfew instituted from March 23rd, 2020 at 8:00pm until April 2nd, 2020 at 8:00pm. Economic activities and transport services reduced to strict minimum. Suspected cases to be handed over to government health officials for testing and isolation; call the hotlines.
Morocco	Yes	Emergency line: 141 COVID19 Hotline: 080-100-47-47	The Authorities did not allow any repatriation and banned all air traffic until further notice. Only cargo flights are allowed to bring medicine and required medical equipment to fight the pandemic. Members with COVID-19 symptoms must call "Allo Yakada" or "Allo SAMU".
Mozambique	Yes	Emergency line: 84146 COVID19 Hotline: 213 22222	Starting April 1st, the country has declared state of emergency for 30 days and non essential services must be closed immediately. Community must self-isolate to mitigate the disease. The recommendations are to wash hands and be extra careful in terms of personal hygiene. If the members feel any of the symptoms, they should isolate themselves and call the local authorities.
Namibia	Yes in Khomas and Erongo regions	Emergency lines: 81 7840 710 81 2217 994 COVID19 Hotlines: 0800 100 100 061 2032781 061 2032787	Country is on a partial 21-day lockdown as from 24th March in Khomas and Erongo regions specifically, with movement only for essential gathering and public gatherings banned. The Ministry of Health and Social Services encourages people to wash hands with soap and running water, avoid touching faces, and stay away from other people when sick. If anyone believe to have symptoms of COVID-19 or may have been exposed, contact +264-0800-100-100 to seek direction from the Namibian Ministry of Health and Social Services.
Niger	No	Emergency line: 15	Public gatherings of more than 50 people have been banned. Regular hand washing, social distancing in supermarkets, restaurants, businesses, airport areas and public places highly recommended.
Nigeria	Yes in Abuja, Lagos and Ogun	COVID19 Hotline text message: 0809 9555 577 WhatsApp: 0708 7110 839	As of 30th March, lockdown has been announced in the city of Lagos, Abuja and Ogun. Increase in the isolation centres and ICU bed capacity and NCDC has increased testing capacity by adding two the laboratories for testing. Public urged to continue observing and obey measures instituted by the government. Any suspected symptoms, members need to contact the Nigerian Center for Disease Control (NCDC). Upon confirmation, the patients are then managed and treated in specific facilities allocated by the Government such as National Hospital in Abuja. Nigerian Center for Disease Control Website: https://ncdc.gov.ng/ .
Réunion (French)	No	Emergency line: 15 COVID19 Hotline: 0800 130 000	If suspect or confirmed case without severity symptom: home care, 14 days confinement, hygienic measures. In case of signs of respiratory infection (fever or cough) with signs of breathing difficulties/suffocation sensation: call SAMU (15).

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Rwanda	Yes	COVID19 Hotline: 114 email: callcenter@rbc.gov.rw WhatsApp : 788 20 20 80	Government has instituted a lockdown banning public gatherings, commercial places are closed while only essential services allowed. Also emphasis is on residents to take preventive measures. Unnecessary travels also prohibited. Members with suspicious symptoms need to report to health facilities/call 114. Suspicious cases to be send to government designated facility for testing and quarantine.
Sao Tome and Principe	No	COVID19 Hotline: 222 42 12	State of emergency was prorogated for 14 days. Schools and services are closed. Members with symptoms must self-isolate and contact the local authorities to be moved to an isolation center.
Senegal	No	Emergency line: 1515 COVID19 Hotline: 800 00 50 50	A declared state of emergency, curfew from 8pm to 6am. Restrictions of traffic, prohibition of any motorcade, assembly and demonstration on the public road, closing of public places and meetings. If members have suspicious symptoms, they need to immediately call the hotline COVID19 or SAMU.
Seychelles	No	COVID19 Hotline: 141	Entry of foreigners into the country banned. Recent travellers back to the country from affected areas on mandatory quarantine for 14 days. Suspicious symptoms to be reported to public health officers. Suspected cases are to be tested at the Public Health Lab of the Seychelles Hospital and confirmed cases isolated at the Anse Royale Hospital and Isolation Centre at the Family Hospital.
Sierra Leone	No	COVID19 Hotline: 769 63434	As from March 27th, Government has ordered closure of its borders for 30 days with the exception of essential services. 12 month state of emergency declared in the country to help deal with spread of the virus. Members who test positive are referred to 34 Military Hospital Freetown, Chinese Friendship Hospital Freetown, as per set government guidelines. No emergency number issued.
Somalia	No	Emergency lines: 206-477-3977 (8am-7pm) 1-800-525-0127 (6am-10pm)	The government has closed schools and banned all large public gatherings. Sensitization to residents to maintain strict hygiene and education on prevention of spread. Suspicious cases to be reported to government health facilities to contact government health officials and facilitate testing.
South Africa	Yes	COVID19 Hotline: 0800 111 132	As of 26th March, the country is under a 21-day lockdown. 10,000 health workers mobilized to do house-to-house testing. If a member develops symptoms of respiratory illness (cough, fever and shortness of breath) he must seek medical care early and share information about their travel history with their healthcare providers. There are several public hospitals mandated to handle patients presenting with Covid 19. Private hospitals such as Mediclinic and Netcare can handle Covid-19 so long as they follow the protocols regarding identification, testing and reporting that have been set by the National Institute of Communicable Disease.
South Sudan	Yes	COVID19 Hotline: 6666	South Sudan has instituted a nationwide curfew as from 20:00–06:00 every day and restrictions on internal movements. All healthcare providers must immediately report to the government members with COVID 19 symptoms for quarantine and further management. Members with COVID-19 contact/symptoms will have home-based screening by public health officers for 14 days with recommendations to self-isolate at home. Members with COVID-19 positive test result must self-isolate at home or will be isolated in the John Garang infectious disease unit in Juba until negative test results are received.
Sudan	No	COVID19 Hotline: 221	Effective March 24, 2020 and until further notice, the Government of Sudan has implemented a mandatory nationwide curfew from 8:00pm to 6:00am. All commercial flights have been cancelled and land borders have been closed. The Ministry of Health has established isolation centers at the Khartoum Teaching Hospital and at the Jebra Trauma Center.
Swaziland	Partial	COVID19 Hotline: 975	Partial lockdown has been effected as from the 27th March with the country's borders being shut to all except goods, cargo, returning citizens, and legal residents effective immediately. All returning residents will be subject to a mandatory 14-day quarantine in a designated location. Domestic travel restricted for 20 days. Members exposed to an individual with possible infection are requested to self quarantine for 14 days. Isolation unit is in Lubombo Referral Hospital.
Tanzania	No	Emergency line: 199	Returning residents arriving from COVID-19 most affected countries, will be subjected to mandatory isolation for 14 days at their own cost at designated facilities identified by the Government. Public gathering banned and closure of schools and designated specific hospitals for isolation. Suspected cases in medical facilities are handed over by the government's MOH.
Togo	No	COVID19 Hotline: 113	All land borders are closed; Schools and universities are closed; beach and entire coastline are prohibited; places of worship, churches and mosques will no longer be accessible. No gatherings for more than 100 people; In case of suspicious symptoms, inform the nearest healthcare facility for prompt and adequate care.

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Tunisia	Yes	Emergency line: 190	National confinement extended until April 20; curfew extended until further notice. The last repatriation flights are being planned (from and to France and Italy). Air traffic still suspended. Members who arrived from a foreign country must stay in confinement for 14 days, and during this period if they feel the COVID-19 symptoms he must call the SAMU.
Uganda	No	COVID19 Hotlines: 0800-100-066 0800-203-033 0800-303-033	A two-week lockdown from 30/03/2020. Government banned all travels in and out of the country and banned Ugandans from moving to or through category one countries. Only emergency landing by plane is allowed henceforth allowing returning Ugandans in provided they undergo mandatory quarantine in government designated facilities at own cost. The government has banned all public gatherings as well as closed schools and institutions of learning, all forms of public transport and use of private cars except when very necessary, shopping malls, salons, garages and lodges shut for 14 days from 01/04/2020. Suspected cases referred to a government facility (Uganda Virus Research Institute) for testing and isolation and management at the Entebbe General Hospital. Some healthcare institutions have suspended normal operations and only attend to emergency cases till further notice.
Zambia	No	Emergency line: 909 COVID19 Hotlines: 095389941 0964638726 0974493553	Mandatory isolation for suspected and confirmed cases, quarantine for recent travellers from affected countries. Ban on schooling, bars, restaurants, nightclub and public gatherings. All international airports except Kenneth Kaunda International Airport closed. Suspected cases to report to Zambian health officials for testing and isolation at district levels across the country. Has two testing centres.
Zimbabwe	Yes	MOH Contact: 4 798555/60	As from 30th January, the government has imposed a 21 day nationwide lockdown, with only state and health workers on duty exempted from the lockdown. Members with COVID19 symptoms are advised to self-quarantine for 21 days.
Americas & Caribbean			
Argentina	Yes	COVID19 Hotline: 0800 222 1002 - 1	Government has kept quarantine until April 12th. Until this date all foreigners non-residents are not allowed to enter Argentina. The government recommends to call the local healthcare authority, mandatory quarantine.
Bahamas	Yes	Emergency lines: 919 or 911	Boarders are closed and incomers are asked to do 14 days of self-isolation. Curfew from 09:pm to 5:00 am.
Barbados	Yes	Emergency line: 246 536 4500	A mandatory 14-day quarantine in a government facility will be placed on all persons entering Barbados irrespective of the port of origin or port of entry. From April 3rd until April 14th, every non-essential service shall remain closed, except those exempted with specific hours of operation.
Belize	Yes	Emergency line: 90	State of emergency has been declared, non-essential services were closed. Frequently clean hands by applying an alcohol-based hand rub or washing with soap and water. If you have fever and frequent cough, seek medical care urgently.
Bolivia	Yes	Emergency lines: 800-10-1104 and 800-10-1106	Government announced curfew from 6pm to 5am, declared national emergency and quarantine, only Nationals are allowed to enter the country. Anyone with coronavirus suspicion will be treated at home.
Brazil	Yes in SP and RJ	COVID19 Hotlines: SP State: 0800555466	Official quarantine in Sao Paulo and Rio de Janeiro closed schools and non essential services. The measures are different per state. Avoid public gatherings, keep yourself at home as much as possible, disinfect all the surfaces and avoid kisses or hugs to not propagate the contamination.
Canada	Yes	COVID19 Hotline: 833 784 4397	State of emergency was declared in some of the regions. Voluntary home quarantine ("self-isolation") is recommended for an asymptomatic person, when they have a high risk of exposure to the virus that causes COVID-19, (i.e., through close contact with a symptomatic person or their body fluids). Isolation is recommended for a symptomatic individual that is suspected of having, or known to have, COVID-19. They are directed by PHA to isolate themselves in the home-setting and avoid contact with others until PHA has advised that they are no longer considered contagious. Refer to https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html
Cayman Islands	Yes	COVID19 Hotline: 800 534 8600 or 947 3077 or flu@hsc.ky	Daytime "soft" curfew (5am-7am) and night-time "hard" curfew (7pm-5am) in place. In case of symptoms, contact the hotline, website, regular GP or complete online a self-assessment at: http://covid19selfassess.gov.ky/
Chile	Yes	Emergency line: 600 360 77 77 www.saludresponde.cl	Total quarantine. People should only leave the house in specific situations. In case of symptoms people should call the emergency line or access the website and wait for instructions.
Colombia	Yes	Emergency line: 316 777 9452 and app: coronaapp Colombia	Mandatory quarantine until April 13th. People over 70 years old cannot leave their houses. If the person has symptoms should see a doctor and call the emergency line and wait for the protocol.

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Costa Rica	No	Emergency line: 911 COVID19 Hotline: 1322 or 40355 559	If arriving from overseas, people are required to stay on mandatory quarantine for 14 days. Curfew from 10pm to 5am. Any person with respiratory symptoms, with or without health insurance will be treated at medical centres. If arriving in the country, nationals or residents, need to go on mandatory quarantine of 14 days. All borders closed until April 12th.
Cuba	No	COVID Hotline: 783 83350 and 783 44341 covid19@infomed.sld.cu	All flights to Cuba have been suspended. If the person has symptoms should go to a hospital or healthcare centre, if needed the following email can be used for information: covid19@infomed.sld.cu. All suspected cases will be placed in quarantine.
Dominican Republic	No	Emergency line: 809 541 31 21 COVID19 Hotline: 462	The Ministry of Health advises of mandatory quarantine or self-quarantine for COVID-19 positive patients. No quarantine policies are in effect; however, individuals with symptoms may be sent to local hospitals or requested to self-isolate. In addition, travellers arriving without symptoms who were in China or Italy in the last 14 days may be subject to home quarantine.
Dutch Antilles	No	COVID19 Hotline: 08001351 or +5997159199	Government declared a curfew from 08pm to 06 am, effective from March 31.
Ecuador	No	Emergency line: 171	Emergency state declared. If arriving from overseas people are required to stay in quarantine, anyone with concerns and/or symptoms should access the following website: https://coronavirusecuador.com/ If mild symptoms, should stay home for self-quarantine
El Salvador	Yes	Emergency line: 132 COVID19 Hotline: 7600 0726	National quarantine until April 21th. Borders and airport have been closed.
French Guiana	Yes	Emergency line: 15	If suspect or confirmed case without severity symptom: home care, 14 days confinement, hygienic measures. 14 days confinement until Wednesday April 15 which may be extended if the sanitary situation requires it. In case of signs of respiratory infection (fever or cough) with signs of breathing difficulties/suffocation sensation: call SAMU (15).
Grenada	No		Limited state of emergency for a 21-day period from March 25. Daily curfew from 7pm to 5am.
Guadeloupe (French)	Yes	Emergency line: 15 COVID19 Hotline: 0800 130 000	If suspect or confirmed case without severity symptom: home care, 14 days confinement, hygienic measures. 14 days confinement until Wednesday April 15 which may be extended if the sanitary situation requires it. In case of signs of respiratory infection (fever or cough) with signs of breathing difficulties/suffocation sensation: call SAMU (15).
Guatemala	No	Emergency lines: 1517 or 1540	Emergency state until April 14th; curfew from 4pm to 4am. In case of symptoms people should call the emergency line and the healthcare authorities will put in action the protocol in case of emergency.
Guyana	No	MOPH Hotlines: 227-4986, 226-7480, 229-7490, 231-1166, 624-3069, 624,9355, 624-6674, 624-2819	Flight Restrictions and airport closures. All probable and confirmed cases will be required to quarantine in a Public Healthcare facility. Ministry of Public Health authority to forcibly (if necessary) quarantine any person who tests positive for COVID-19 in either a hospital or camp created for the reception, isolation and treatment of persons suffering from COVID-19.
Haiti	No	Emergency line: 122	Schools and factories are closed until further notice; gatherings larger than 10 people have been banned. Curfew in place from 08pm to 05am. In case the member feels any of the symptoms, should self-isolate, do quarantine and contact local authorities to be examined.
Honduras	Yes	Emergency line: 911	State of emergency announced and people should stay home. People are allowed to go out following government procedure according their ID number. People should follow procedures described in here: covid19@honduras.org If having COVID-19 symptoms, people should stay home and call the emergency line. The healthcare authorities will put in action the protocol in case of emergency.
Jamaica	No	Emergency lines: 112 or 911	The government announced island curfew starting April 1st, from 08pm to 06am until 08/04/2020. In case they feel any symptoms, members should self isolate and consult the local authorities if the symptoms persist for more than 3 days. Contact emergency number and they will ensure transportation and assistance to the hospital.
Mexico	Yes	COVID19 Hotline: 0855-600-3453	Schools are closed and non-essential activities in public and private sector are suspended until 30th April. Strict home isolation for persons over 60 or with high risk medical conditions. Stay home except for outings absolutely necessary for health, safety and welfare. If member has symptoms, should put a mask and go to a specific epidemiologic center (per region) to be tested and transferred to hospital.
Nicaragua	No	Emergency line: 132 COVID19 Hotline: 7600 0726	In case of symptoms people should stay home and call the dedicated emergency line. Basic health care rules, wash hands, increase of disinfection, keep social distance.

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Panama	Yes	Emergency line: 6414 5096 Virtual appointment: https://t.co/I974f7RAOVix	Total quarantine, Men and Women are allowed to go out in different days of the week. Government has announced quarantine, people are required to attend a virtual appointment or call the emergency line in case of coronavirus suspicion.
Paraguay	Yes	Emergency line: 154 and 21 237 4000	Mandatory quarantine until further notice. People can check for daily updates at www.mspbs.gov.py
Peru	Yes	Emergency line: 113 whatsapp: 952842623 infosalud@minsa.gob.pe	Mandatory quarantine. In case of symptoms call emergency line 113.
Puerto Rico	Yes	COVID19 Hotline: 999 6202	Full lockdown of the country started on the 30th March until further notice. Curfew from 7pm to 5am.
Saint Lucia		COVID19 Hotline: 311	Mobile phones have been distributed among physicians to allow tele-triage.
Suriname	Yes	Emergency line: 178	Country is in total quarantine, curfew from 8pm to 6am until April 12th. Treatments are done under specific protocol, these clinics have trained personnel (SARI) in taking samples for the lab and the patient is transferred to the quarantine unit.
Trinidad and Tobago	Yes	Emergency line: 999	Stay home if you are ill and practise social distancing with other people.
United States	Yes locally	Emergency line: 911 COVID19 call center: 1 per state	The measures are different per state, but overall avoid gatherings and perform quarantine and self-isolation, in case you feel like having flu symptoms. The CDC urges residents of New York, New Jersey, and Connecticut to refrain from non-essential domestic travel for 14 days effective immediately. Six counties in the SF Bay (San Francisco, Santa Clara, San Mateo, Marin, Contra Costa and Alameda) have imposed their inhabitants to stay at home from March 31st until April 7th, except in case of crucial need. As of March 31st, The Department of State has issued a Global Level 4 Health Advisory (Do Not Travel). On Monday 30 March, the US President recommended to avoid gatherings over 10 people, cancel non crucial travels and not to go to social places for the next 15 days.
Uruguay	Yes	COVID19 Hotline: 0800 1919	Call a doctor for a first trial at home and wait for doctor's instructions. People are being advised to not go to the hospital or healthcare centres. Anyone coming from affected countries need to go for mandatory quarantine for 14 days.
Venezuela	Yes	COVID19 Hotline: 0800 8444 526 0800 2684 319	Mandatory quarantine for the whole population, people have been told to stay home and call emergency line in case of suspicion.
Asia & Pacific			
Afghanistan	No	Emergency line: 166	Self quarantine for 14 days upon return from overseas.
Australia	Yes	Emergency line: 000	Lockdown effective 30th March. Imposed mandatory quarantine for all arrivals in designated facilities for 14 days after entering Australia. You may also be required to undergo enhanced health screening before leaving the terminal.
Bangladesh	No	Emergency line: 999	All travellers must isolate for 14 days after entering Australia. You may also be required to undergo enhanced health screening before leaving the terminal.
Bhutan	Yes	Emergency line: 112	Self quarantine for 14 days upon return from overseas.
Brunei Darussalam	Yes	Emergency line: 148	Self quarantine for 14 days upon return from overseas.
Cambodia	No	COVID19 Hotline: 23 217 524	28 March 2020, Government said it would suspend the visa exemption policy and issuance of tourist visas, e-visas and visas on arrival to all foreigners for one month. Any foreigner wishing to travel to Cambodia must obtain a prior visa from Cambodian missions abroad, an individual must provide a medical certificate, issued by competent health authorities of their country no more than 72 hours prior to the date of travel, certifying that they have not tested positive for the Covid-19. In addition, they must provide proof of minimum medical coverage during their intended stay in Cambodia in the amount not less than US\$50,000. Self quarantine for 14 days upon return from overseas.

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China	Yes in Wuhan	Emergency line: 119	Entry restrictions: - Foreign nationals with visas issued before 28 March 2020 are not permitted to enter China - Foreign nationals with residence permits or APEC Business Travel Cards are not permitted to enter China Entry restriction exemption: - Foreigners holding diplomatic, service, courtesy or C visa - Foreign nationals coming to China for necessary economic, trade, scientific or technological activities; foreign nationals arriving for emergency humanitarian needs may apply for visas at Chinese embassies - Foreign nationals with visas issued on or after 28th March 2020 All arrival person will be subjected to the latest quarantine policies, which may include: - tested for Covid-19 in the airport. The test results will require 5-6hours, so any person arriving will need to wait in the airport for around 8-10hours (The Covid-19 test cost is currently covered by Government) - If tested positive, person will be transferred to designated public hospital: - If tested negative, person will be transferred to local designated hotels for mandatory quarantine for 14days. 1 person 1 room. Person cannot leave the room and temperature will be taken by Health Officers daily. The type of hotel is 2-3star, cost of hotel is borne by traveller effective April onwards all hotel cost is paid by own traveller. The people of Wuhan already had partial uplift of the movement restriction since 28th March, full uplift is expected on 8th April. Self quarantine for 14days upon return from overseas. If have any symptoms, proceed to
Fiji	No	Central Division: 2219905 Eastern Division: 2219906 Western Division: 2219907 Northern Division: 2219908	Self quarantine for 14 days upon return from overseas.
French Polynesia	Yes	Emergency line: 689 15	Strict isolation can be done at home for at least 14 days, for CAS CONTACTS and CAS SUSPECTS. Some people confined for 14 days after their arrival in Tahiti, and having no epidemic symptoms, will be able to get out of strict confinement from Wednesday April 1, 2020. They will remain subject to the general traffic rules (travel certificate requested, respect of cover traffic light, North / South travel limits).
Hong Kong (China)		Emergency line: 999	All non Hong Kong residents are not permitted to enter Hong Kong from 25th March. Mandatory self quarantine for all arriving foreigners into the country. Initial lockdown until 15th of April 2020.
India	Yes	COVID19 Hotline: 1860-500-1066	Foreigners restricted to enter India. Teleconsult available in Manipal hospitals, they tied-up with Credihealth which will arrange booking online appointments for Manipal. Contact detail for booking appointments: Dr.Vrishti, 8989413009. Those who arrive from Europe for a short-term stay will have to report their health condition through daily phone calls from local health authorities.
Indonesia	Yes	Emergency line: 119 ext 9	Restricted entry for travellers from Mainland China, Iran, Italy, South Korea, France, Germany, Italy, Spain, Switzerland, United Kingdom, Vatican. Visa exemption policy for a short-stay visit, visa-on-arrival and diplomatic/service visa-free facilities for all countries has been suspended. Self quarantine if anyone has symptoms and inform local authorities. Proceed to ER department for screening. If you meet the COVID-19 suspect criteria, you will be referred to one of the reference hospitals (RS) ready for COVID19 treatment.
Japan	No	Emergency line: 119	Mandatory quarantine for 14 days at a government designated location immediately upon arrival and are not permitted to use public transportation in Japan citizens of the People's Republic of China (including Hong Kong SAR and Macao SAR), the Republic of Korea, the United States, and people transiting from Hong Kong to Japan. Please visit the medical institution, wearing a facemask, and refrain from using public transportation.
Kazakhstan	Partial	MOH line: 3172 31 74 09	Apart from the initial Almaty & Nur-Sultan, Kazakhstan has closed another 3 of its big cities: Shymkent, Aktau, and Karaganda. The State of Emergency Commission of Kazakhstan announced a quarantine regime effective on 19 March 2020, to 2 principal cities: Almaty & Nur-Sultan.

Area / Country	Confinement	Emergency call number	Recommendations
Korea (The Rep. Of)	No	Emergency lines: 1339 or 1345	All travellers are required to undergo a self diagnosis quarantine process immediately upon entry. All passengers (including Korean nationals) arriving or transiting from European countries are required to undergo 14 days of self quarantine at their residence. Foreigners without a domestic residence will receive enhanced active monitoring (checked by daily telephone calls) during their stay in Korea. Korean government plans to enforce a two-week mandatory self-quarantine measure to all passengers arriving from abroad starting April 1 in order to effectively contain the imported cases. Currently, only arrivals from Europe and the United States are self-isolated, but going forward, all Koreans and foreign nationals arriving from all parts of the world will go through with self-quarantine. If people coming from abroad do not comply with quarantine rules, they can be punished by imprisonment for no more than 1 year or by a fine not exceeding KRW 10,000,000 (approximately USD 8,100, it will be effective from 5 April). To prevent infectious diseases, Korean government decided to provide transportation support from Incheon International Airport for all passengers entering from overseas. This new policy will be effective from 1 April. It is highly recommended for the overseas arrivals to ride their own car and only for those who does not have access to a car, exclusive bus and KTX Train will be arranged. The government sets up and operates open screening clinics ("open walk-thru station") located outdoors in Incheon International Airport to quickly detect COVID-19 infections of foreign entrants to the nation. Call the Korea Center for Disease Control and Prevention treatment hotline to be redirected to an appropriate facility. Imposed mandatory virus tests and quarantine for all arrivals from Europe starting
Kyrgyzstan	Yes	MOH line: 312 622696 (Skype)	Contact the Ministry of Health for assistance. Travellers from countries with Covid-19 confirmed cases will have to undergo testing & monitoring at hospitals.
Lao (P.D.R.)	No	Emergency line: 195	Refer to local hospital. Self quarantine for 14 days upon return from overseas.
Macau (China)		Emergency line: 999	Call to emergency number for assistance. Mandatory self quarantine for all arriving foreigners into the country.
Malaysia	Yes	Emergency line: 999	Lockdown effective 18th March to 14th April. Foreigners are not permitted to enter Malaysia. Malaysian citizens and Permanent residents are not permitted to exit Malaysia. Advised to contact the hospital before attending your appointment. Self quarantine for 14 days upon return from overseas.
Maldives	No	ADK Hospital: 3313553 Tree Top Hospital: #1610 Indira Ghandi Memorial Hospital: 333-5335	Advised to contact the hospital before going to the hospital. Self quarantine for 14 days upon return from overseas.
Mongolia	No	Emergency line: 103	Advised to contact the hospital before going to the hospital. Self quarantine for 14 days upon return from overseas.
Myanmar	No	Emergency line: 192	Advised to contact the hospital before going to the hospital. Self quarantine for 14 days upon return from overseas.
Nepal	Yes	Contact local police in the district	Advised to contact the hospital before going to the hospital. Self quarantine for 14 days upon return from overseas.
New Caledonia	Yes	Emergency line: 15 Dpt HSA line: 243718	All flights and cruise ships are suspended for the territory. All non-residents of New Caledonia are no longer allowed to enter the territory. Tips: stay at home; maintain a social distance, wear a mask (type FFP3) if sick; consult a doctor if the person has a fever. In case of emergency contact 15. On March 27, 2020, the Prime Minister announced the renewal of the confinement until Wednesday April 15. This confinement period may be extended if the sanitary situation requires it.
New Zealand	Yes	Emergency line: 111 COVID19 Hotline: 0800 358 5453	Lockdown since 30th March 2020. Temporary restriction on preventing any foreigners from entering New Zealand. People who are exempted from this temporary restriction are - New Zealand citizens, permanent residents and their immediate family - Australian citizens and permanent residents whose primary place of established residence is New Zealand - Air crews who have been using appropriate personal protective equipment (PPE) People exempt from the temporary restrictions should self-isolate for 14days from their date of departure. If you have symptoms of the coronavirus, call the NZ Covid-19 Healthline or call your GP - do not show up at a medical centre.
Pakistan	Yes	MOH line: 51 9245 717	Pakistan announced a two-week extension in an ongoing lockdown, starting 1 April 2020 due to the rising numbers of cases in the country. Islamabad also announced partial resumption of international flights, mainly to bring nearly 2,000 Pakistanis stranded in different countries, from April 4. However, all the domestic flights will remain suspended until further order, according to the minister.

Area / Country	Confinement	Emergency call number	Recommendations
Papua New Guinea	Yes	Dpt of Health lines: 71960813 or 712916099	National state of emergency has been declared for 2 weeks (lockdown from 24 March-6 April 2020).
Philippines	Yes	Emergency lines: 02-894-26843 and 1555	Self quarantine for 14 days upon return from overseas.
Samoa	Yes	COVID19 Hotlines: 24402, 21173, 21176, 21183, 22241, 22914	Those with symptoms should call the Ministry of Health Covid-19 call centres. Lockdown starting from 26 March 2020.
Singapore		Ministry of Health: 6325 9220 Singapore General Hospital: 6321 4103	Air travellers arriving must submit a health declaration prior to their arrival. This must be completed electronically via the Singapore Arrival Card e-service. This service is available up to three days prior to arrival. A free mobile app can also be downloaded from the Apple App Store or Google Play. From 23 March 23:59 local time, all short-term visitors (from anywhere in the world) will not be allowed to enter or transit through Singapore. All Singapore citizens, residents, long term pass holders and short term pass holders entering Singapore will be issued a 14-day Stay Home Notice (SHN). Travellers are required to provide proof of the place where they will serve the 14-day SHN. (Eg. Hotel booking covering the entire period or a place of residence they or their family members own). Any traveller with a recent travel history to the Hubei Province in Mainland China will be subject to quarantine immediately upon arrival. All short-term visitors (from anywhere in the world) will not be allowed to enter or transit through Singapore. The Ministry of Manpower will only allow the entry/ return of work pass holders, including their dependents, for those providing essential services, such as in healthcare and transport. Self quarantine for 14 days upon return from overseas
Solomon Islands	Yes	MOH line: 20 830	Solomon Islands Government has extended a school closure notice, previously only for institutions in the capital Honiara and Guadalcanal, to the rest of the country until 27 April 2020. State of Public Emergency was announced on 25 March 2020.
Sri Lanka	Yes	Emergency line: 1999 Quarantine unit: 011 211 2705	Lanka Hospital: for any OP/IP visits by Henner members, they will have to set prior appointment via email to anushas@lankahospitals.com.
Taiwan		Emergency line: 1922 (CDC number)	Self isolate for 14 days in case has symptoms and inform local authorities who will direct you to a specific hospital.
Tajikistan	No	MOH line: 372 217684 or 372 211835	Contact Ministry of Health for assistance. Mandatory 14 days self-isolation for those arriving from COVID-19 infected countries.
Thailand	Yes	Emergency line: 1669	Travellers from the Republic of China (including Hong Kong SAR & Macao SAR), South Korea, Italy and Iran are required to meet the following criteria : - Hold a valid health certificate, along with a negative COVID19 laboratory result issued within 48 hours of flight departure at check-in. Lab test and examination date must be clearly stated on the health certificate; - Hold a Health insurance document that provides at least USD100,000 coverage in Thailand (not applicable to Thai nationals); - Undergo a compulsory 14-day self quarantine or quarantine for the duration of their stay if it is less than 14 days immediately upon arrival.
Timor-Leste	Yes	MOH line: 333 1113	Lockdown starting from 19 March 2020.
Turkmenistan	No	MOH line: 12 400416 or 12 40 04 07	Implemented self-isolation for suspicious symptoms and call the Ministry of Health for assistance.
Uzbekistan	Yes	MOH line: 71 239 48 08	Its capital city, Tashkent, is under lockdown from 24 March 2020.
Viet Nam	Yes	COVID19 Hotlines: 19003228 19009095	Vietnam has announced a 15-days national lockdown starting on Wednesday (1 April 2020). Travellers who visited or transited through Iran, Vietnamese nationals and foreigners who have been to UK or one of the 26 Schengen countries in the last 14 days and all ASEAN passport holders are subject to 14 days quarantine upon arrival. Foreigners that hold a visa exemption booklet and are not required to undergo the compulsory quarantine, or are entering Vietnam under the visa waiver programme, are required to show a health certificate indicating a negative test result for Covid19.
Europe			
Albania	Yes	Emergency line: 127	All borders have been closed. Population have to stay home and call the help line. The National Medical Emergency Center is responsible for the physical transfer of any patient suspected to be infected with the virus.

Area / Country	Confinement	Emergency call number	Recommendations
Andorra	Yes	Emergency line: 116 COVID19 Hotline: 0800 130 000	For any question relating to the virus, contact the toll free number: 0 800 130 000 (free call 7/7 from 9h to 19h). If the person has symptoms (cough, fever, headache): stay at home, take paracetamol if necessary, call a doctor, do a tele-consultation, or call the local hotline. Call 116 (medical emergencies) only if the person has difficulty breathing.
Armenia	Yes	Emergency line: 8141	Population have to stay at home and respect the 14 days quarantine if they have been in contact with someone affected by the virus. Members have to call the dedicated phone for any question related to COVID-19.
Austria	Yes	Emergency line: 1450	If symptoms, call the dedicated number and follow the instructions.
Azerbaijan	No	Emergency line: 112	Call the hotline of the diplomatic mission (http://mfa.gov.az/files/shares/Embassies-hotlines-EN.pdf).
Belarus	No	Emergency line: 29 610 28 68	Do not go to hospital unless it is necessary.
Belgium	Yes	COVID19 Helpline: 800 14 689	All information on: www.info-coronavirus.be Stay at home as much as possible. Call the doctor and report symptoms. Do not go to the waiting room or to the emergency room. The general practitioner will determine by telephone whether the person can stay convalescent at home or whether he should go to the hospital. Members do not have to go to hospital if not necessary. The helpline will provide with instructions.
Bosnia & Herzegovina	No	COVID19 Helpline: 62 086 282	Quarantine and curfew for people under 18 and over 65 years old. If feeling infected report to the public health district service immediately (https://www.zzzfbih.ba) and call the emergency number. Do not go to hospital; the helpline will provide with instructions.
Bulgaria	Yes in 27 main cities	COVID19 Helpline: 2 948 24 04	Confinement has been settled up for the 27h biggest cities. Do not go to hospital; the helpline will provide with instructions.
Croatia	Yes	COVID19 Helpline: 91 468 30 32	The helpline will tell member how to move. Members do not have to go to the hospital if not required.
Cyprus	No	Emergency line: 1420	Do not go to the hospital; the helpline will provide with instructions.
Czech Republic	Yes	COVID19 Hotlines: 724 810 106 725 191 367	Testing organized by EUC Laboratories (Velešlavínská 1/30, Prague 6) from Monday to Friday 8am-12pm; e-referral from doctor for patients with symptoms. Use of mask in any public area, included transports.
Denmark	Yes	COVID19 Helpline: 7 222 745	If the person develops severe symptoms and belongs to a risk group, the person should call his/her general practitioner or on-call service, just as he/she would normally do in this type of situation. The doctor will decide the further course, including whether the person should be tested for coronavirus. The doctor won't necessarily ask the patient to come to the consultation, particularly if the doctor suspects COVID-19, in order to limit the spread of infection as much as possible. Many doctors will try to carry out consultations with patients with respiratory symptoms over the phone or video consultation if they are in doubt as to whether there is a risk of spreading infection.
Estonia	No	Emergency line: 112 COVID19 Helplines: 372 634 6630 600 1247	Link : https://www.kriis.ee/en/emergency-situation-estonia The government of Estonia is currently restricting crossing of the Schengen internal and external borders temporarily, i.e. has reintroduced full border control in order to contain the spread of the coronavirus. Everyone entering the country must remain in self-isolation for 14 days. If a person has questions about COVID-19 or experience symptoms of the disease, he/she needs call the medical advice number +372 634 6630 (English service daily between 3pm to 5pm, other times 24/7 in Estonian and Russian). If necessary, the advisory workers will re-direct the call to the public emergency number 112.
Finland	No	COVID19 Helpline: 29 553 5535	Link : https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates General information on the coronavirus is available by telephone at 0295 535 535 and via chat. The information service is open on weekdays at 8–21 and Saturdays at 9–15. The service is primarily available in Finnish and, where possible, also in Swedish and English. People can also send questions via SMS to 050 902 0163. The SMS service is intended for people who cannot talk on the phone due to impaired hearing or for other reasons. If a person needs health-related advice or guidance: • His/her ordinary health centre will provide general health advice. • If the citizen experiences acute symptoms, he/she should contact the emergency health services in his/her area. • In areas where the Medical Helpline 116 117 is not yet in use, a call the local emergency number is necessary. Call the helpline for any question and do not go to the hospital if not urgent.

Area / Country	Confinement	Emergency call number	Recommendations
France	Oui --- Yes	Urgences : 15 Ligne COVID19 : 0800 130 000 --- Emergency line: 15 COVID19 Hotline: 0800 130 000	Si cas suspecté ou confirmé sans symptômes sévères : traitement à la maison, 14 jours de confinement, en respectant les consignes sanitaires; 14 jours de confinement jusqu'au 15 avril, éventuellement étendu si les conditions sanitaires le requièrent. En cas de signes d'infection respiratoire (fièvre ou toux) avec signes de difficulté respiratoire/sensation d'étouffement : appeler le SAMU (15). --- If suspect or confirmed case without severity symptom: home care, 14 days confinement, hygienic measures, 14 days confinement until Wednesday April 15 which may be extended if the sanitary situation requires it. In case of signs of respiratory infection (fever or cough) with signs of breathing difficulties/suffocation sensation: call SAMU (15).
Georgia	Yes	COVID19 Helpline: 844 4422681	Call the help line. Do not go the hospital if not really necessary.
Germany	Yes Baviera, Sarre	Emergency line: 116 117	Only Baviera and Sarre are in lockdown. Germany is still performing lot of tests in order to detect people affected by the virus. Stay home unless really necessary. Contact reference health office and follow the instruction of the help line.
Greece	Yes	Emergency line: 1135 210-5212054	Lockdown since March 23rd. Do not go the hospital if not really necessary and call your GP for any suspicious symptoms.
Hungary	No	Emergency line: 104 COVID19 Hotlines: 06 80 277-455/456 koronavirus@bm.gov.hu	Borders have been closed, very strict rules to enter Hungary. New exclusive telephone lines and website available for information about coronavirus. People with mild symptoms must stay at home; people with severe symptoms, or who fall into any of the high-risk groups and those who require hospital care will be hospitalized.
Iceland	Yes	Emergency line: 1700	The helpline is always the first point of contact.
Ireland	Yes	Emergency line: 112	General link : https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/ As a general advice, everybody in Ireland has been asked to stay at home. A person will need to restrict his/her movements for at least 14 days if he/she lives with someone who has symptoms of COVID-19 (Coronavirus), or if has returned to Ireland from another country. If a person develops symptoms of COVID-19 (Coronavirus), the, he/she will need to self-isolate and phone his/her GP and not to go to a GP surgery, pharmacy or hospital. The GP will assess the patient over the phone and will inform if the patient needs to be tested for COVID-19 (Coronavirus). Call 112 only in case of important symptoms.
Isle of Man	No	Emergency line: 111	Advised to stay at home if have symptoms of coronavirus (COVID-19) or live with someone who does; no need to call 111.
Italy	Yes	Regional phone numbers (please see the link).	All the non essential activities are now closed. Check phone number for your region: http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=italiano&id=5364&area=nuovoCoronavirus&menu=vuoto Link: https://www.mk.gov.lv/en/content/covid-19
Latvia	No	Emergency line: 113 or 8303 COVID19 Hotline: 8345	People who have received a laboratory confirmation of the Covid-19 diagnosis and whose health condition permits them to receive treatment at home, must stay in strict quarantine. During this time, they may not leave their residence and must be available for communication and cooperation with their General Practitioner and other medical personnel and must strictly abide by the instructions given. People determined by the Centre for Disease Prevention and Control as having had contact with those infected with COVID-19 must stay at home, and take their body temperature in the morning and evening for 14 days. In the case of running a high temperature, having cough and shortness of breath, call 113 or 8303. Call hotline number for COVID-19 testing. Operators on the line will register the call and assess whether the patient should go to the nearest analysis point or arrange for a medical team to visit the patient at home to conduct tests.

Area / Country	Confinement	Emergency call number	Recommendations
Lithuania	No	COVID19 Helpline: 1808 618 79984 (24/7) info@nvsc.lt	Link: http://lrv.lt/en/important-information-to-foreign-nationals-in-lithuania On the 14th of March The Lithuanian government has announced a nationwide quarantine. The measures include closing borders to foreign nationals and shops except pharmacies and groceries. Fourteen (14) day long self-isolation shall be mandatory to all travellers who arrive from high-risk countries and territories. Passengers arriving from the above mentioned countries and territories are required to submit personal information to the National Public Health Center (NVSC) by phone +370 5 2124098, by e-mail info@nvsc.lt, or by filling in the QUESTIONNAIRE. Government's web page: http://lrv.lt/en/relevant-information/coronavirus-in-lithuania/relevant-information-1 Ministry of Health - http://sam.lrv.lt/en/ National Preparedness for Emergencies in Lithuania - https://www.lt72.lt/go.php/eng/Frequently-asked-questions-faq-about-the-novel-coronavirus
Luxembourg	No	Emergency line: 112 COVID19 Hotline: 8002 8080	Link: https://coronavirus.gouvernement.lu/fr/citoyens.html Consult the General Practitioner by telephone or by teleconsultation. If it is a person at risk, teleconsultation is to be preferred. Alternatively, the patient can go to: • advanced care centers (CSA) for a medical examination. No need for a prescription. The person can go there for symptoms related to Covid-19 or for health problems not related to Covid-19. • hospital emergency services, when you have a serious health problem. As a general rule, the gathering of people on the street is not allowed. Individuals can pursue outdoor leisure activities as long as they are alone. Otherwise, they must respect the distance between people of two meters.
Macedonia	No	COVID19 Hotline: 31646617 (9-17 daily)	The Government of North Macedonia has implemented a nationwide curfew to reduce the spread of COVID-19 (Saturday and Sunday from 4pm to 5am, Mondays to Friday from 9pm to 5am). Monitor local media and visit the Ministry of Health website http://zdravstvo.gov.mk/korona-virus/ for updated information.
Malta	No	COVID19 Helpline: 111	Contact the helpline if doubts about symptoms.
Moldova	No	COVID19 Helpline: 903	Contact the helpline if doubts about symptoms.
Monaco	Yes	Emergency lines: 112 or 18 COVID19 Hotline: 92 05 5500 covid19@gouv.mc	If suspect or confirmed case without severity symptom: home care, 14 days confinement, hygienic mesures. In case of signs of respiratory infection (fever or cough) with signs of breathing difficulties/suffocation sensation: call emergency number.
Montenegro	No	COVID19 Hotline: 020 412858	Members who display a high temperature or other symptoms are required to report to the Institute for Public Health for examination. Government publishes the list and the address of all people affected by covid19.
Netherlands	No	COVID19 Hotline: 800 1351	Link: https://www.government.nl/topics/coronavirus-covid-19/ Link: https://www.rivm.nl/en/novel-coronavirus-covid-19 When an infection is confirmed, the protocol of action is isolation, contact investigation and patient monitoring. The municipal public health service (GGD) searches for patient contacts and monitors all contacts to minimize the risk of spreading the disease. Tests can only be requested by the Municipal Public Health Service (GGD) or a hospital. All GGDs and hospitals are informed of the protocols in place, describing how to care for a patient and what actions should be taken. If symptoms worsen: Call the general practitioner or medical center after hours. It is prohibited to meet in a group in public, whether intentional or not. The government defines a group as three or more people who do not stand at least 1.5 meters from each other. This rule does not apply to people in the same household.
Norway	No	Emergency lines: 116 or 117	Link : https://www.fhi.no/en/id/infectious-diseases/coronavirus/ Member who has symptoms needs to stay home and call his/her doctor by telephone. If the person cannot reach his/her doctor, he/she should ring the emergency out-of-hours.
Poland	Yes	Emergency line: 112	Limiting social distance 2 meters; people below 18-year old have to move with parents, extension of quarantine formula (quarantined person have to stay either in solitary confinement or in a quarantine together with the whole family), people staying under quarantine will be obliged to use governmental app. Call the emergency line and wait for instructions, people should not go directly to hospitals or clinics.
Portugal	Yes	COVID19 Hotline: 808 24 24 24	April 1st, the president renewed the state of emergency, everything remains closed, execept essencial services. Country is currently in quarantine, everyone should stay home and avoid contact with others. Monitor the temperature everyday and be careful if any of the symptoms.

Area / Country	Confinement	Emergency call number	Recommendations
Romania	Yes	COVID19 Helpline: 800 800 358	Regina Maria has launched the Virtual Clinic. The service is available only by paying (no direct billing). Members can benefit for online medical consultation. Members have to connect via "my account" of the Regina Maria website. As not all the hospitals will accept COVID-19 patient, member who have symptoms need to contact the helpline. The service will provide them instructions.
Russia	Yes in Moscow	COVID19 Hotline: 495 870-45-09	Moscow declared in lockdown; other big cities could follow soon. Members need to contact the helpline if showing symptoms and do not go the hospital if this is not urgent. The helpline will provide instruction and tell members where to go for tests or medical assistance.
Serbia	Yes	COVID19 Hotline: 64 8945235	Since March 29th, curfew imposed from 5pm till 5am. 24h curfew is mandatory for people older than 65 in urban areas and 70 in rural areas (except on Sunday from 3am till 8am to go to groceries). All people living in Serbia have to check the website https://covid19.rs/ as the government will update measures and information daily.
Slovakia	Yes	COVID19 Hotline: 917222682	All members need to stay home and use a mask if they go outside. The helpline is the first contact in case of symptoms.
Slovenia	Yes	Emergency line: 12	From March 29, people are restricted to their own municipality except for work, providing assistance to those needing care, and accessing emergency services, pharmacies and judicial authorities. All members need to stay home and use a mask if they go outside. The helpline is the first contact in case of symptoms.
Spain	Yes	Emergency lines: 061 or 112 MOH Helplines: 901 400 100 91 596 10 89/90 Email: oiad@mscbs.es	Link: https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/telefonos.htm In case of sanitary emergency call 112 or 061. Any case should be referred to public health services. Hotline numbers according to the autonomous regions: Andalusia: 900 400 061/955 545 060 - Aragon: 976 696 382 - Asturias: 900 878 232/984 100 400/112 dialing 1 - Cantabria: 900 612 112 - Castilla La Mancha: 900 122 112 - Castilla y León: 900 222 000 - Catalonia: 061 - Ceuta: 900 720 692C - Madrid: 900 102 112 - Comunidad Valenciana: 900 300 555 - Extremadura: 112 - Galicia: 900 400 116 - Balearic Islands: 061 - Canary Islands: 900 112 061 - La Rioja: 941 298 333 - Melilla: 112 - Murcia: 900 121 212 - Navarra: 948 290 290 - Basque Country: 900 203 050
Sweden	No	Emergency lines: 112 or 1177	Link: https://www.krisinformation.se/en/hazards-and-risks/disasters-and-incidents/2020/official-information-on-the-new-coronavirus To stay at home and call medical assistance if needed. Avoid any contact with other persons
Switzerland	No	COVID Helpline: 58 463 0000	The Government impose a maximum of 5 people together. They are performing analysis and using Swisscom to check if this is respected. Members need to contact the helpline if showing symptoms and do not go the hospital if this is not urgent.
Ukraine	Yes	Emergency lines: 102 or 112 Ambulance: 103	All suspected Covid-19 cases (fever, cough, difficulties of breathing) should be managed by the city emergency centers or local ambulances. Online consultation via any mobile application that Members are using or we may call ambulance on their behalf. Quarantine until April 3rd.
United Kingdom	Yes	Emergency line: 111	People are allowed to go outside only for food, health reasons or work (but only if cannot work from home). When out, stay 2 metres away from other people all times. People have been advised to consult online at https://111.nhs.uk/covid-19 , to stay at home for 7 days and if have either a high temperature, a new continuous cough, to not go to a GP surgery, pharmacy or hospital.
Middle East			
Bahrain	No	Emergency line: 444	All incoming members from countries affected by Covid 19 are to be screened upon arrival. Suspicious cases are to be handed over to the Public Health Directorate for quarantine. The Government has initiated closure of non essential services from March, 26th, 2020 to April 9th, 2020. . The Public Health Directorate has issued a hotline number 444 to the public in case persons develop symptoms, they are able to do daily follow ups, medication and advise on suitable hospitalization facilities.
Iran	N/A	N/A	No information available.
Iraq	Yes		The government has imposed measures to curb the spread of Covid 19 such as travel restriction travel between governorates and neighboring countries and closing of Schools and universities. Iraqi citizens who have been in China, Iran, Thailand, South Korea, Japan, Italy, Singapore, Kuwait, Bahrain, Turkey, France, Spain, Qatar, Germany, and Nigeria in the past 14 days will be quarantined for 14 days.
Israel	Yes	MOH Hotline: 5400 (08:00-23:00) Clalit: 2700 Maccabi: 3555 Meuhedet: 3833 Leumit: 507	The government has given regulations which forbids anyone from leaving home except in special circumstances. . The elderly must avoid social exposure. If members feel sick, have fever, with or without respiratory symptoms, they should isolate themselves measure temperature twice a day. If anyone had any doubts, they need to contact their own doctor or the MOH Hotlines. Guidelines: https://www.health.gov.il/hozer/cor_159050420_EN.pdf

Area / Country	Confinement	Emergency call number	Recommendations
Jordan	Yes	Emergency line: 111	Curfew from 6pm til 10am. During the day, people are only allowed to walk around their own neighborhoods provided they keep the recommended distance between themselves and others. The use of vehicles is strictly prohibited, except essential and emergency services and food stores. Members with suspicious symptoms must stay at home and call the 111 to talk to a doctor who will give the instructions, stay quarantined at home or to go to a governmental hospital if needed.
Kuwait	No	Preventive Health Committee: 151 MOH Ambulance: 112 or 911	In case of symptoms call the Preventive Health Committee.
Lebanon	Yes	COVID19 Hotline: 1214	The member must call the Ministry of Health who will coordinate with one of the healthcare partners who accept COVID-19 positive cases. Available numbers to call: - Service of Preventive Medicine: 01/843769 - 01/830300 Ext: 435-436-437 - Center of the Quarantine at Beirut Airport: 01/629352 - Epidemiological Surveillance Program: 01/614194 - 01/614196
Oman	No	Emergency line: 2444 1999	The Government has implemented measures to limit the spread of COVID-19: Frequently clean hands by applying an alcohol-based hand rub or washing with soap and water. When coughing and sneezing, cover mouth and nose with a flexed elbow or tissue; if used, throw the tissue away immediately and wash hands. If experiencing a fever, cough, and difficulty breathing, seek medical care urgently and share your previous travel history with your health care provider.
Qatar	No	COVID19 Hotline: 16000	The Ministry of health advises members with chronic health conditions to avoid going out unless absolutely necessary. The Ministry calls to continue to take all necessary measures to limit the spread of the virus with simple, preventive measures. In case of any suspicious symptoms members need to contact centre at the Ministry of Public Health at the toll-free phone number (16000).
Saudi Arabia	Yes	MOH Hotline: 937	As from March 16th, 2020, a 7:00 pm to 6:00 am curfew. All visits of pilgrimage have been suspended. Travelers arriving from outside Saudi Arabia, including Saudi citizens and residents, will be placed in health isolation for 14 days following their arrival. Any suspicious symptoms call the Ministry of Health.
State of Palestine	No	MOH Hotline: 9728-2847894	As of March 22nd, 2020, government's establishments are closed 30 days. Any suspicious symptoms, members can call the Ministry of Health.
Syria	No		Only three hospitals with Intensive Care Units have been identified to look after confirmed cases in northwest Syria. No official communication as to the names of the hospitals from the MOH.
Turkey	No	Emergency line: 112	School closed till 30 April, intercity bus travel limited, walks and jogging banned and parks closed on weekends. Members infected with COVID-19 are transported to a hospital unit for isolation by National ground ambulance service. while those who have been in close contact with a confirmed case are required to self isolate and have a regular follow up with the hospital for monitoring of any suspicious symptoms.
United Arab Emirates	No	Emergency line: 999	Curfew during weekends since 27th March. Shut down of public transport and restricted movement during the course of a national campaign to sanitize public facilities, including roads, March 26 th, 2020 to April 5, 2020 8:00pm to 6:00am. To know more about the preventive measures of UAE (updated 01/01/2020): https://www.mohap.gov.ae/en/MediaCenter/News/Pages/2355.aspx Members are advised to call their doctors prior to visiting for treatment and the Government takes the suspected cases to isolation unit. American Hospital in Dubai has an agreement with the Dubai Health Authority to expand the clinical care and has agreed to open one part to accommodate patients in need of isolation. Neuro Spinal Hospital will be designated as a quarantine hospital in Dubai.
Yemen	No	Henner Rep. at SGH: 1 313 333	We refer our members to the Saudi-German Hospital, the only hospital to take patients with COVID-19.