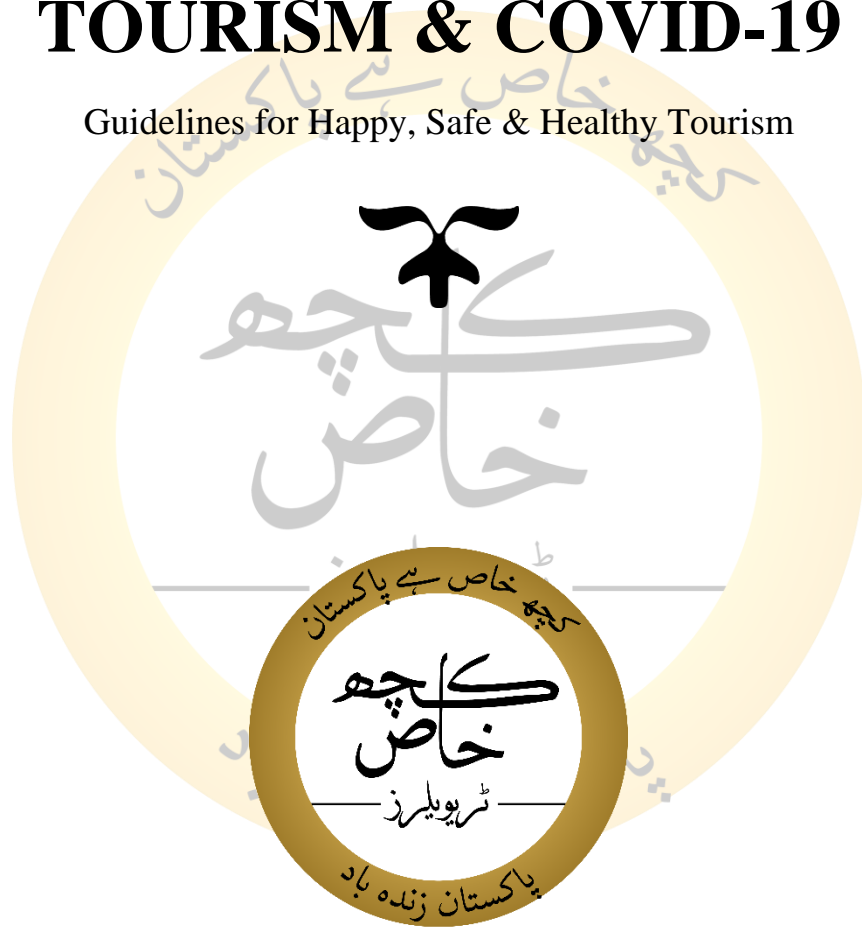




# TOURISM & COVID-19

Guidelines for Happy, Safe & Healthy Tourism



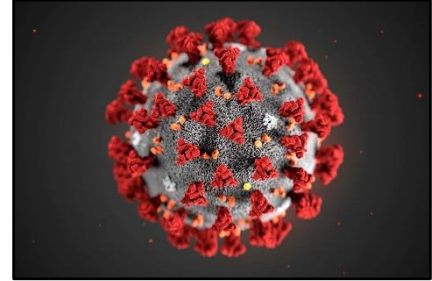
APRIL 3, 2021

KCH KHAS TRAVELLERS  
ISLAMABAD, PAKISTAN

### COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

### PREVENTION

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 meter distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.





- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

## SYMPTOMS

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever.
- Dry cough.
- Tiredness.

Less common symptoms:







- Aches and pains.
- Sore throat.
- Diarrhea.
- Conjunctivitis.
- Headache.
- Loss of taste or smell.
- A rash on skin, or discoloration of fingers or toes.



Serious symptoms:

- Difficulty breathing or shortness of breath.

### Typical Symptoms of COVID-19 Infection

Anyone who has these symptoms **MUST SELF-ISOLATE** for a minimum 10 days or until symptoms resolve, whichever is longer.

 Fever	 Cough	 Shortness of breath
 Difficulty breathing	 Sore throat	 Runny nose

[ahs.ca/covid](https://ahs.ca/covid)  Healthy Albertans. Healthy Communities. Together. 



- Chest pain or pressure.
- Loss of speech or movement.

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

## TOURISM, FOOD SAFETY & HOTELLING – HYGIENE & SOPs

DEPARTMENT OF TOURISM, CULTURE, SPORTS, ARCHAEOLOGY, MUSEUMS & YOUTH AFFAIRS, GOVERNMENT OF SINDH

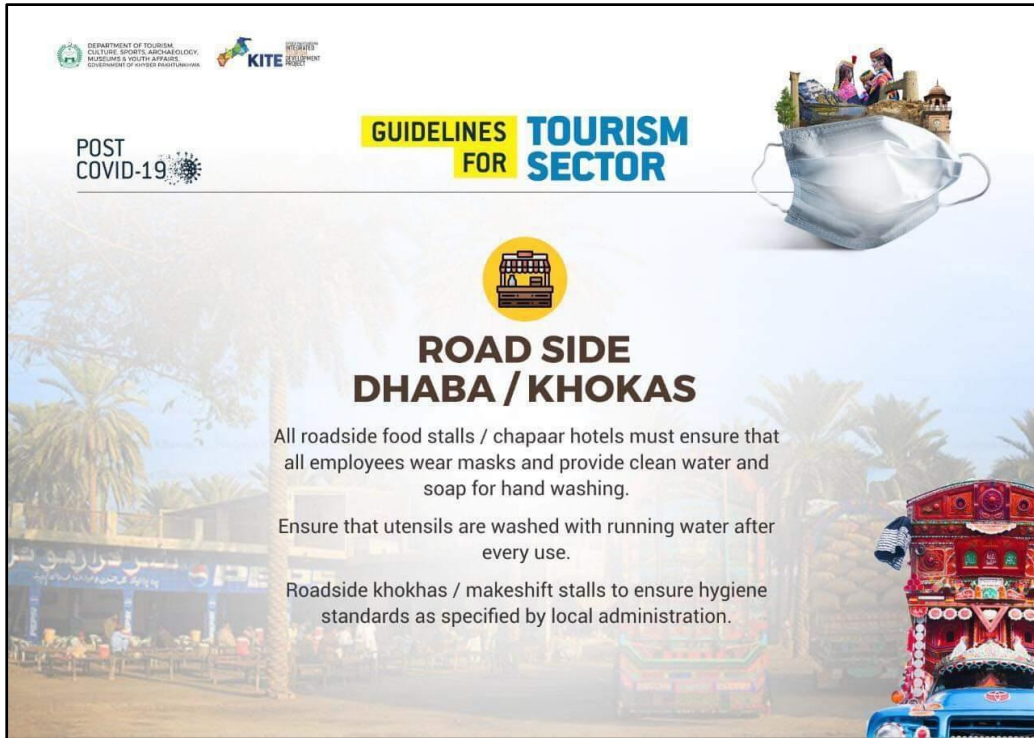
KITE

POST COVID-19

### GUIDELINES FOR TOURISM SECTOR

**TOUR OPERATORS / TOUR GUIDES / TRAVEL AGENTS**

- Check with provincial and local health authorities for health advice or travel advisory imposed at different destinations.
- Provide a gist of SOPs to every tourist planning a tour.
- Provide a list of local health facilities at the destination to every tourist planning a tour.
- Notwithstanding any restrictions imposed by local transport authorities, arrange group travel through appropriate transport according to size of group to avoid overcrowding.
- The driver should disinfect the interior of the vehicle at regular intervals.
- Prepare a leaflet for tourists to adhere to food safety and hygiene as recommended by authorities' from time to time.



DEPARTMENT OF TOURISM, CULTURE, SPORTS, ARCHAEOLOGY, MUSEUMS & YOUTH AFFAIRS, GOVERNMENT OF KHYBER PAKHTUNKHWA

KITE TOURISM PROMOTION

POST COVID-19

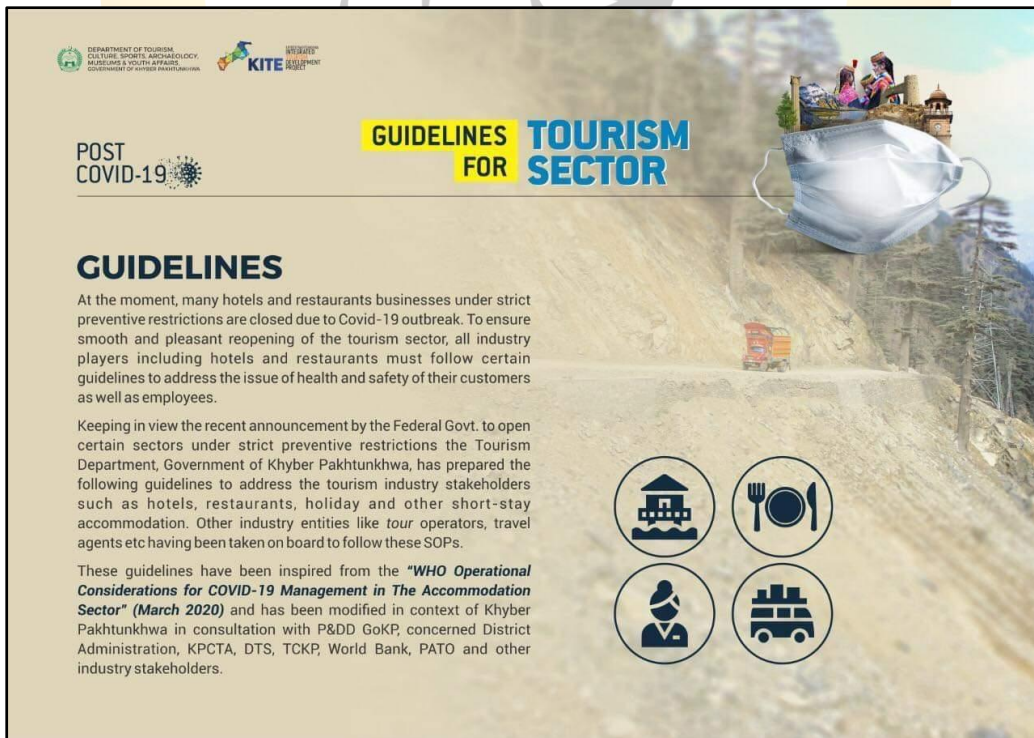
**GUIDELINES FOR TOURISM SECTOR**

**ROAD SIDE DHABA / KHOKAS**

All roadside food stalls / chapaar hotels must ensure that all employees wear masks and provide clean water and soap for hand washing.

Ensure that utensils are washed with running water after every use.

Roadside khokhas / makeshift stalls to ensure hygiene standards as specified by local administration.



DEPARTMENT OF TOURISM, CULTURE, SPORTS, ARCHAEOLOGY, MUSEUMS & YOUTH AFFAIRS, GOVERNMENT OF KHYBER PAKHTUNKHWA

KITE TOURISM PROMOTION

POST COVID-19


**GUIDELINES FOR TOURISM SECTOR**

**GUIDELINES**

At the moment, many hotels and restaurants businesses under strict preventive restrictions are closed due to Covid-19 outbreak. To ensure smooth and pleasant reopening of the tourism sector, all industry players including hotels and restaurants must follow certain guidelines to address the issue of health and safety of their customers as well as employees.

Keeping in view the recent announcement by the Federal Govt. to open certain sectors under strict preventive restrictions the Tourism Department, Government of Khyber Pakhtunkhwa, has prepared the following guidelines to address the tourism industry stakeholders such as hotels, restaurants, holiday and other short-stay accommodation. Other industry entities like tour operators, travel agents etc having been taken on board to follow these SOPs.

These guidelines have been inspired from the "WHO Operational Considerations for COVID-19 Management in The Accommodation Sector" (March 2020) and has been modified in context of Khyber Pakhtunkhwa in consultation with P&DD GoKP, concerned District Administration, KPCTA, DTS, TCKP, World Bank, PATO and other industry stakeholders.



DEPARTMENT OF TOURISM, CULTURE, SPORTS, ARCHAEOLOGY, MUSEUMS & YOUTH AFFAIRS, GOVERNMENT OF KHYBER PAKHTUNKHWA

KITE TOURISM PROMOTION BOARD

POST COVID-19

**GUIDELINES FOR TOURISM SECTOR**

**HOSPITALITY AND ACCOMMODATION**




- Display at the first touch point instructions on basic protective measures against COVID-19 as given in these SOPs for all employees and customers.
- All employees to wear masks and gloves.
- Ensure temperature checks at entrance.
- No entry (including children) shall be allowed inside hotel premises without mask.
- Ensure markings on the floor at reception to maintain social distancing.
- Keep sanitizers for guests to use.
- Ensure elevator floor, buttons and other area of the elevators are regularly sanitized.
- Signages with information on sanitization norms should be placed for staff as well as guests.
- Place a checklist to be updated daily to indicate that the room and other touch points have been sanitized.
- Change room linen daily.
- Use disposable plates and cutlery and napkins in restaurants.
- Operational kitchens must be sanitized at regular intervals.
- Employees must be well-trained by management of hotels/ restaurants about all SOPs.

DEPARTMENT OF TOURISM, CULTURE, SPORTS, ARCHAEOLOGY, MUSEUMS & YOUTH AFFAIRS, GOVERNMENT OF KHYBER PAKHTUNKHWA

KITE TOURISM PROMOTION BOARD

POST COVID-19

**GUIDELINES FOR TOURISM SECTOR**

**TOURIST AREAS / ATTRACTIONS**




- For tourists visiting different areas/ attractions, the local administration should ensure that they comply with guidelines issued from time to time by the govt.
- A leaflet of instructions indicating all the measures for their safety should be provided at specified points by the local authorities.
- Hotels and other accommodations facilities shall be responsible to provide information leaflet to tourists leaving hotels for visit etc.
- Where applicable, District Administration and local development authorities shall devise separate SOPs for operationalisation of chairlifts, lakes etc in consultation with relevant stakeholders.

Lagankhais (Bogdan Valley)

## Appendix

کورونا وائرس COVID-19 کے متعلق اہم معلومات جو آپ کے علم میں ہونا ضروری ہیں

### سماجی روابط میں احتیاط کریں اور فاصلہ رکھیں

اس کا کیا مطلب ہے اور یہ کیوں ضروری ہے؟

کورونا وائرس کے پھیلاؤ کی روک تھام اور اس سے بچاؤ کیلئے سماجی روابط میں احتیاط اور فاصلہ ضروری ہے تاکہ وائرس دوسرے لوگوں میں نہ پھیلے۔ ان اقدامات میں اجتماعی ملاقاتوں پر پابندیاں، عمارات کو بند کرنا اور تقریبات پر پابندی شامل ہیں۔



**اجتناب کریں:**

- \* اجتماعات میں شرکت
- \* کنسرٹس میں شرکت
- \* سینما و تھیٹر میں جانا
- \* اسپورٹس
- \* رش والے مقامات
- \* شاپنگ مالز
- \* ریسٹوران
- \* غیر ضروری سفر



**مخاطر ہیں:**

- \* کریانڈی دکانوں پر
- \* دواؤں کے استعمال پر
- \* پارک میں ٹینس کھیلنے سے
- \* ضروری سفر میں
- \* فوڈ ڈیلیوری
- \* گھر آئے مہمانوں سے
- \* بسوں اور ٹرینوں کے سفر میں



**محفوظ ہے:**

- \* اکیلے واک کرنا
- \* ہانگ پر جانا
- \* اپنے مہن میں کام کرنا
- \* اپنی الماری کی صفائی
- \* اچھی کتاب کا مطالعہ
- \* میوزک سننا
- \* کھانا بنانا
- \* ڈرائیو پر جانا
- \* آڈیو اور ویڈیو چیٹنگ
- \* گھر پر مووی دیکھنا
- \* دوستوں اور بزرگوں کو فون یا میسج کرنا

پاکستان ٹورازم ڈیولپمنٹ کارپوریشن کی جانب سے مفاد عامہ میں جاری کیا گیا۔



## What you Need to know About COVID-19

# SOCIAL DISTANCING

What does it mean and why is it important? Social Distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social Distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



### AVOID

- \* GROUP GATHERINGS
- \* SLEEP OVERS
- \* PLAY DATES
- \* CONCERTS
- \* THEATRE OUTINGS
- \* ATHLETIC EVENTS
- \* CROWDED STORES
- \* MALLS
- \* BARS & RESTAURANTS
- \* NON-ESSENTIAL TRAVEL



### USE CAUTION

- \* VISITING A GROCERY STORE
- \* PICKING UP MEDICATIONS
- \* PLAYING TENNIS IN A PARK
- \* ESSENTIAL TRAVEL
- \* PICK UP & DELIVERY OF FOOD
- \* VISITORS IN YOUR HOME
- \* MASS TRANSIT



### SAFE TO DO

- \* TAKE A WALK
- \* GO FOR A HIKE
- \* YARD WORK
- \* PLAY IN YOUR YARD
- \* CLEAN OUT CLOSET
- \* READ A GOOD BOOK
- \* LISTEN TO MUSIC
- \* COOK A MEAL
- \* FAMILY GAME NIGHT
- \* GO FOR A DRIVE
- \* GROUP VIDEO CHATS
- \* STREAM A SHOW
- \* CALL OR TEXT A FRIEND
- \* CALL OR TEXT AN ELDERLY NEIGHBOR



A Public Service Message by  
Pakistan Tourism Development Corporation



# COVID 19

## SIGNS & PRECAUTIONS



اپنے ہاتھوں کو باقاعدگی سے صابن اور پانی سے 20 سیکنڈ تک دھوئیں یا ہینڈ سینیٹائزر کا استعمال کریں

کھانسی یا چھینک آنے پر منہ اور ناک کو ٹٹو یا آستین کے کپڑے سے ڈھانپیں

ایک دوسرے سے کم از کم ایک میٹر کا فاصلہ رکھیں

اپنی قوت مدافعت کو بہتر بنانے کے لیے نیند پوری رکھیں اور متوازن غذا کھائیں

گندے ہاتھوں سے آنکھوں، ناک اور منہ کو چھونے سے گریز کریں

غیر ضروری سفر / جوم والی جگہوں پہ جانے سے گریز کریں

دوسروں سے ہاتھ ملانے یا گلے ملنے سے گریز کریں

گھر سے باہر نکلنے پر ماسک ضرور پہنیں

**اگر آپ کو**

بخار

کھانسی

سانس لینے میں دشواری ہو

تو دوسروں سے دور رہیں اور ڈاکٹر سے رابطہ کریں

# COVID 19 SIGNS & PRECAUTIONS





**Wash your hands frequently with soap and water for atleast 20 seconds or use hand satirizer**



**Cover your mouth and nose with your bent elbow or tissue/ cloth when you cough or sneeze**



**Maintain physical distance of at least 1 meter from others**



**Get enough sleep and balance diet to boost your immune system**



**Avoid touching your eyes, mouth and nose with unwashed hands**



**Avoid unnecessary visit to crowded places**



**Avoid hand shake and hugging**



**Must wear face mask when going out**

IF YOU EXPERIENCE

**Fever**



**Cough**



**Difficulty in breathing**



PLEASE MAINTAIN PHYSICAL DISTANCE AND SEEK MEDICAL ADVICE



## References:

- [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)
- <https://covid.gov.pk/>
- <https://www.albertahealthservices.ca/topics/Page17000.aspx>
- <https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/>
- <https://www.fda.gov/>

