

Bulgaria is a tourist destination with
Safe Travels Stamp by
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**Safe
travels**

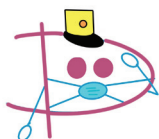
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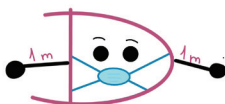


**What to do with
COVID-19 ?**

Observe the three "D"



discipline



distance



disinfection



Ministry of Tourism

www.tourism.government.bg

Travel Measures

- ▶ When traveling, have as little contacts as possible on departure, buy tickets and register online whenever possible.
- ▶ During security checks and when handing over and receiving luggage, keep a distance of 1.5 m from other passengers.
- ▶ In transport centers and in vehicles (buses, trains, planes) wear a mask and keep a distance.
- ▶ Observe hygiene requirements and rules for safe coughing and sneezing, wear a mask or other protection for the nose and mouth, cleaning and disinfection.
- ▶ Upon arrival at the hotel or restaurant, check out the Covid-19 guest information.
- ▶ Please note that your body temperature may be checked at the accommodation place.
- ▶ In accommodation, especially in lower buildings, take the stairs instead of elevators.
- ▶ If you are a vulnerable guest (chronic diseases, Weakened Immune System, etc.) do not take part in activities where physical distancing cannot be guaranteed at any time and especially when these activities are performed indoors, strictly observe physical distancing and hand hygiene.
- ▶ Serving food in the room should be seen as an opportunity to further protection of the vulnerable guests.
- ▶ Before arriving at the accommodation place, ask for information on the guidelines provided by the local public health authorities and the specific measures introduced at the accommodation place.
- ▶ Do a travel insurance and make sure of the coverage it provides. If you already have travel insurance, check its validity and coverage.

Will I get medical help if I am a foreigner and I suspect that I have COVID-19?

Yes. In Bulgaria, emergency health care is guaranteed in all cases and is provided in all public hospitals.

If health authorities suspect that you may be infected, they may ask you to have a test. This will make it easier for you and the health authorities to take the right steps for your treatment.

What should I do if I suspect that I have symptoms of COVID-19 or if I have been in contact with a proven infected person?

1. Isolate yourself! Avoid any physical contact with other people.
2. Inform the receptionist or hotel manager immediately of your condition. You may be transferred to a quarantine room.

OR

3. Contact the local health authorities through the **state helpline – number 112**.
4. Strictly follow the instructions of the health authorities.

What to do during isolation?

1. During isolation, do not leave the room and keep the door closed. If the room does not have its own bathroom and toilet, be sure to go out with a protective mask and keep a safe distance of 2 m from the others.
2. Learn the isolation recommendations and follow them strictly.
3. Observe the isolation period set by the health authorities.
4. Inform the hotel manager and health authorities about the people you have been in contact to comply with the quarantine.
5. Keep your phone charged and handy in case you need anything. This way you will have a connection with your relatives who are interested in your health condition.
6. Ventilate your room regularly.
7. If you experience difficult breathing or other symptoms, please call 112.
8. Your medical follow-up will be supervised by your supervising doctor or by the representatives of the regional health authorities.



Wash your hands often with soap and water for about 40 seconds

Cover your mouth and nose with a tissue when you cough or sneeze and throw it in a suitable place, if you do not have a tissue you shall cough or sneeze at the elbow curve



Use hand sanitizer

Wear a protective face mask properly at the designated areas



Avoid physical contact with other people and stay in a state of self-isolation in case of illness



Avoid touching your eyes, nose and mouth

Avoid touching the mask for no reason



Avoid shaking hands, hugging or kissing when greeting others

Use card payments or online methods



If symptoms of the virus begin to appear, avoid physical contact with other people and immediately inform the local health authorities through the **112 helpline**

Use disposable protective equipment

