



COVID-19 ALERT

ADVISORY FOR MALAYSIAN CITIZENS IN VIEW OF THE OUTBREAK OF COVID-19

1. In view of the announcement by the World Health Organization (WHO) characterizing COVID-19 as a pandemic, the Embassy of Malaysia in Washington D.C. would like to advise Malaysians in the United States (U.S.) to remain vigilant and to strictly follow the guidance by the federal and state health authorities.

For Malaysian Citizens Residing in the United States

2. For the latest, up-to-date information on the situation in the U.S. please follow this link : <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>
3. The Embassy also urges Malaysian citizens living in states under its jurisdiction (Alabama, Florida, Georgia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Ohio, Tennessee, Texas, Virginia, West Virginia, and Washington D.C.)* to register or update your contact information with the Embassy. Email your particulars to:

Email : consularwdc@kln.gov.my / consularwdc@gmail.com

Or call

Telephone : +1 (202) 572 9700
(Office Hours : Monday to Friday 9.00am – 5.00pm)
+1 (202) 375 4396
(Outside Office Hours)

** For Malaysian citizens living in states other than listed above, please register with our Consulate General offices in New York (nycg.covid19alert@gmail.com) or Los Angeles (lacg.covid19alert@gmail.com)

Steps to Prevent Illness

4. According to the U.S. Centers for Disease Control and Prevention (CDC), the best way to prevent illness is to avoid being exposed to this virus. Non-pharmaceutical interventions are currently the most important response strategy. Examples of nonpharmaceutical interventions are:
 - i. Always Practice Good Hygiene
 - Wash your hands frequently with water and soap or hand sanitizer.
 - Keep your mouth covered when sneezing or coughing.
 - Avoid touching the face, eyes and nose with dirty hands.
 - Avoid sharing food, cups and utensils.
 - Stay at home if you not feeling well.
 - ii. Re-evaluate Travel Plans
 - Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to practice precautions to prevent getting and spreading COVID-19 and other respiratory diseases during travel.
 - Avoid visiting places with a high volume of people such as theme parks, sporting events and entertainment events.
 - Avoid visiting high-risk countries such as China, South Korea, Japan, Iran and Italy.
 - Avoid visiting U.S. states with cases of infection or death caused by COVID-19.
 - For the most up-to-date COVID-19 travel information, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
 - iii. If You Get Sick
 - If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, seek medical care immediately. Call ahead before you go to a doctor's office or emergency room.
 - Tell your doctor about your recent travel and your symptoms.
 - Avoid contact with others.
5. For more information on nonpharmaceutical interventions, see here : <https://www.cdc.gov/nonpharmaceutical-interventions/index.html>
6. While information so far suggests that most COVID-19 illness is mild, older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious

COVID-19 illness. The CDC has also developed guidance to help in the risk assessment and management of people with potential exposures to COVID-19. More information on this can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/assess-manage-risk.html>

7. Take extra precaution in view of increasing criminal activities that seek to take advantage of the crisis. These include scams asking for donations/medical funding appeals; "phishing" emails on COVID-19 containing malicious attachments/links that may install malware (viruses, spyware or ransomware) on your device; and non-delivery scams for essential supplies such as hand sanitizers and face masks.

For Malaysian Citizens Planning Trips to the United States

8. If you are planning a trip to the U.S., be aware that you may face unpredictable circumstances, travel restrictions, challenges in returning home or accessing health care while abroad.
9. Entry to the U.S. has been suspended for foreign nationals who have been in China, Iran, Europe the United Kingdom and Ireland at any point (including transit) during the 14 days prior to their scheduled arrival to the U.S. For more information on travel restrictions into the U.S., please visit <https://travel.state.gov/content/travel/en/traveladvisories/ea/travel-advisory-alert-global-level-3-health-advisory-issue.html>

For Foreign Nationals Planning Trips to Malaysia

10. Restrictions will be placed on the entry of all tourists and foreign visitors into Malaysia beginning 18 -31 March 2020. Malaysians who have returned from overseas have to go for a health check-up and undergo self-quarantine for 14 days.
11. The Ministry of Health of Malaysia has published guidelines for the Novel Coronavirus (COVID-19) Management in Malaysia as well as travel restrictions, which can be found here : <http://www.moh.gov.my/index.php/pages/view/2019-ncov-wuhan-guidelines>
12. In the meantime, if you would like to find out more about the latest health precautionary measures in Malaysia in response to the outbreak, travel advisories/restrictions to Malaysia or guidelines for Malaysians who are planning trips abroad, you may contact the National Operations Management Center on the Coronavirus COVID-19 Pandemic at (+603) 8888 2010 beginning 17 March 2020, 12.00 midnight.

13. Additionally, this information may also be obtained from the Task Force of the Ministry of Foreign Affairs on the Coronavirus COVID-19 Pandemic, with the following contact details:

Telephone : (+603) 8887 8770
(+603) 8889 2746
(+603) 8887 4570
Email : dutyofficer@kln.gov.my

14. Given the alarming rate at which the virus spreads, the Embassy is hopeful that taking these necessary precautions will help contain and mitigate the virus.

Thank you.

Keep Clean and Remain Safe!

**Embassy of Malaysia
Washington D.C.**