



About MERS

Middle East Respiratory Syndrome, MERS

What is MERS?



MERS is an acute respiratory disease caused by a virus known as the Middle East Respiratory Syndrome Coronavirus (MERS-CoV).

1 Symptoms



-Fever, cough, shortness of breath, sore throat, nausea/vomiting, diarrhea

2 Incubation Period

- Approximately **2-14 days**

How is MERS spread?



1 Contact with camels

2 Drinking camel milk

3 Direct or close contact with a MERS patient

Reporting Infection

Who is suspected of having MERS-CoV infection?

1. A person with fever and respiratory symptoms (i.e., cough and shortness of breath) who has either

- visited **the Middle East region*** within 14 days of the onset of these symptoms, or
- had close contact with a person suspected of having MERS-CoV infection and showing symptoms

2. A person with fever and respiratory symptoms (i.e., cough and shortness of breath) who had close contact with a confirmed MERS patient showing symptoms

※ The Arabian Peninsula and its neighboring countries (regions):

Bahrain, Iraq, Iran, Israel, Jordan, Kuwait, Lebanon, Oman, Qatar, the Kingdom of Saudi Arabia, Syria, UAE, and Yemen



MERS-CoV Infection Prevention Guidance for People Traveling to the Middle East

Period

Preventive Steps



Before Travel

- People with weakened immune response (i.e., people aged over 65, children, pregnant women, and cancer patients) and people with pre-existing conditions (i.e., diabetes, high blood pressure, and heart disease) are advised not to travel to high-risk areas.



- Avoid visiting farms, close contact with camels, eating camel meat, or drinking camel milk.



- Avoid visiting crowded places if possible. (If unavoidable, wear a mask.)
- Avoid personal contact with people with fever or respiratory symptoms.



During Travel



- Wash your hands often with soap and water.
- If soap is not available, use an alcohol-based hand sanitizer.



- Cover your mouth and nose with your sleeve when you cough or sneeze.
- If you have respiratory symptoms, wear a mask.



- Avoid touching your eyes, nose, and mouth with unwashed hands.



After Travel


- If you develop **fever and respiratory symptoms** (i.e., cough and shortness of breath) within 14 days after traveling from the Middle East, **do not visit a healthcare provider**; instead, contact the KCDC Call Center at **1339**.





Cover your nose and mouth with your sleeve when coughing!



[The Proper Cough Etiquette]

- 


Cover your mouth and nose with a tissue when you cough
- 


Cover your mouth and nose with your sleeve if you don't have a tissue
- 


Wash your hands with soap and running water for at least 30 seconds after coughing


Wash your hands with soap and running water for at least 30 seconds!


[The 6 Steps of Proper Hand Washing]


- 

PALMS
- 

BACKS OF THE HANDS
- 

BETWEEN THE FINGERS
- 

FINGERS INTERLOCKED
- 

THUMBS
- 

UNDER THE NAILS



MERS (Middle East Respiratory Syndrome)



한국어1

중동지역 여행 후 14일 이내에 발열과 호흡기 증상(기침, 인후통, 호흡곤란, 폐렴 등)이 있을 경우, 의료기관 가지 말고 먼저 1339로 전화하여 문의하세요.

Arabic

يرجى أن تتصل بـ 1339 هاتفيا للاستشارة دون أن تترور أي مؤسسة طبية إذا عانيت من الحمى أو صعوبات في الجهاز التنفسي (سعال، ألم في الحنجرة أو البلعوم، التهاب الرئة وغيرها) خلال 14 يوما بعد عودتك من الزيارة للشرق الأوسط.

Indonesian

Hubungilah 1339 (nomor teleponnya) dulu sebelum pergi ke lembaga kesehatan/rumah sakit, jika Anda memiliki gejala demam dan gejala pernapasan abnormal (seperti batuk, sakit tenggorokan, penyakit radang paru-paru/pneumonia, sukar bernapas, dll) dalam waktu 14 hari setelah perjalanan di Timur Tengah.

English

If you have flu-like symptoms including fever and cough, shortness of breath or pneumonia and so on within 14 days of leaving the Middle East, you should immediately call "1339" by phone and mention your travel history and symptoms without visiting clinics or hospitals.

Uzbek

Агар Яқин Шарқ мамлакатларига саёхат қилганингиздан сўнг, 14 кун ичида Сизда тана ҳарорати кўтарилиши, йўтал, томоқ оғриғи, нафас қисини, ўпка шамоллаши белгилари бўлса, касалхонага мурожат қилишдан аввал, 1339 рақамига қўнғирок қилинг.

Russian

Если в течение 14 дней после поездки на Ближний Восток у вас повысилась температура, появился кашель, боль в горле, одышка, воспаление легких, то прежде чем обратиться в больницу позвоните по телефону 1339.