## Health Declaration Card

**Ministry of Health and Sports, Myanmar**

*Please fill in using the capital letters*

<table>
<thead>
<tr>
<th>Flight Number/ Ship Name</th>
<th>Date: Day Month Year</th>
</tr>
</thead>
</table>

**Name**

<table>
<thead>
<tr>
<th>Family</th>
<th>First</th>
<th>Middle</th>
</tr>
</thead>
</table>

**Date of birth**

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
</table>

**Nationality**

<table>
<thead>
<tr>
<th>Passport No.</th>
<th>Country of residence</th>
<th>Port of disembarkation</th>
</tr>
</thead>
</table>

**Length of stay in Myanmar**

<table>
<thead>
<tr>
<th>Days</th>
<th>Date of departure Day Month Year</th>
</tr>
</thead>
</table>

**Address in Myanmar**

<table>
<thead>
<tr>
<th>Contact Phone Number</th>
</tr>
</thead>
</table>

**Did you travel any city/ country within 14 days?**

Yes [ ] No [ ]

If yes, mention the name of city and country and region that you have visited within 14 days:

**Trip Plan**

Cities intended to travel in Myanmar:

**Do you have any signs and symptoms of**

- High body temperature [ ]
- Cough [ ]
- Sore throat [ ]
- Sneezing [ ]
- Shortness of breath [ ]
- Others [ ]

**Signature of passenger**

<table>
<thead>
<tr>
<th>Medical Officer</th>
<th>Contact: Port Health Authority:</th>
</tr>
</thead>
</table>

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**Ministry of Health and Sports**

**Health Advice for Travellers**

**Welcome to Myanmar**

All travellers coming from Wuhan (People's Republic of China) and Novel Coronavirus affected area 2019, please report without fail to Airport Quarantine Desk if you have any of the symptoms such as high fever, cough, sneezing, shortness of breath on arrival (or) within (14) days of being in Wuhan.

We would like to advise you to seek early medical care and report to the nearest health facilities, preferably government hospital if you have any of the symptoms of high fever, cough, sneezing, shortness of breath, (14) days after arriving Myanmar will treat free of charge.

**Airport Health Quarantine, Ministry of Health and Sports**

Contact Phone Numbers

- Central Epidemiology Unit – 067-3431432, 067-3431434, 09-429228991, 09-459149477
- Public Health Emergency Operation Center – 067-3420268
- Yangon Airport Health Quarantine Unit – 09-799983833
- Yangon Regional Department of Public Health – 09-449001261, 09-794510057
- Mandalay Regional Department of Public Health – 09-2000344, 09-43099526

Please scan for more information
健康申报卡

航班号/船名：

姓名

出生日期  
国籍  性别  

旅游护照号码  
居住地(国家)  登陆地(国家)  

在缅甸居住时长  天  出发日期  月  年  
缅甸 (住址)  

联系方式  

最近两星期内有旅游过其他城市吗？

有  没有  

如果有，请写下该城市的名称  

在缅甸您打算去哪些城市旅游？

您有以下症状吗？

发高烧  咳嗽  咽喉痛  打喷嚏  呼吸困难

游客签名  

港口医务人员签名  

联系方式 - 港口卫生局，中央流行病学科，067-3431432，067-3431434

健康通知栏

从中国 武汉 来到缅甸的游客 如果 现在有 生病高烧的症状 咳嗽的症状 呼吸困难的症状 或者 两星期 以前 有过 上面 已述症状 或者 抵达缅甸 两星期 后 有 上面 已述 症状 请 联系 我们 机场 卫生部门 免费 接受治疗