STAY HEALTHY

WHILE TRAVELLING

Avoid travel if you have a fever and cough





If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



STAY HEALTHY WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

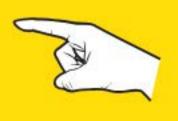




Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth







STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands





If you choose to wear a face mask, be sure to cover mouth and nose avoid touching mask once it's on

Immediately discard single-use mask after each use and wash hands after removing masks



STAY HEALTHY

WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical care early





If you seek medical attention, share travel history with your health care provider



STAY HEALTHY WHILE TRAVELLING

Eat only wellcooked food





Avoid spitting in public

Avoid close contact and travel with animals that are sick



