

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**



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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**



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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**



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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**



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STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



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