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

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

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