

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**



World Health
Organization