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 your previous travel history with your healthcare provider.

World Health Organization
STAY HEALTHY
WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

Avoid touching eyes, nose or mouth

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

World Health Organization
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
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 healthcare provider.

World Health Organization
STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick