

Stay healthy while travelling

Avoid travel if you have fever and cough



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

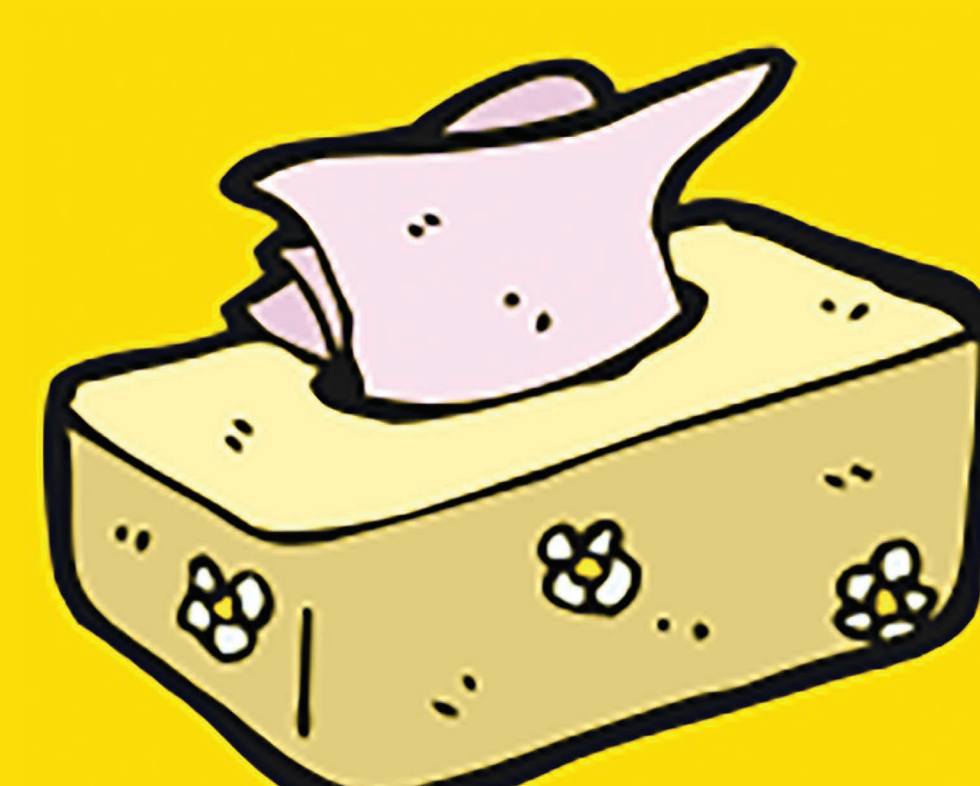
Avoid close contact with people suffering from fever and cough

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



Avoid touching eyes, nose or mouth

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



If choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once is on

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

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

Eat well-cooked food



Avoid spitting in public

Avoid close contact and travel with animals that are sick



World Health Organization