

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**



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**



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 health
care provider



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

**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**



World Health
Organization