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

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick

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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
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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