

Public health advice: summary

*Stay healthy and protect
yourself from infection*



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



Cover mouth and nose with a medical mask, tissue, or flexed elbow when coughing or sneezing. Wash hands afterwards and discard mask or tissue.



Avoid unprotected close contact with people with fever and cough and seek medical care if you have a fever, cough and difficulty breathing



If you become sick while travelling, inform crew, seek medical attention early and share travel history



When visiting live markets, avoid direct unprotected contact with live animals and surfaces in contact with animals

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




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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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STAY HEALTHY WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical attention early

If you seek medical attention, share travel history with your health care provider




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STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food

Avoid close contact and travel with animals that are sick




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Safe travel guidance

Advice for travel by air, boat and train

Stay healthy while travelling



Before you depart:

Avoid travel if you have a fever and cough

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

During travel:

- Avoid close contact with people suffering from a fever and cough
- Frequently wash hands by using alcohol based hand rub or soap and water
- Avoid touching eyes, nose or mouth
- Cover mouth and nose with tissue or flexed elbow when coughing or sneezing and wash hands afterwards
- 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.
- If you become sick while travelling, inform crew and seek medical attention
- If you seek medical attention, share travel history with your health care provider

Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.



Practise food safety

Use different chopping boards and knives for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



Practise food safety

Sick animals and animals that have died of diseases **should not be eaten**



Food safety guidance

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