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
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.
Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water
Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste
Protect others from getting sick

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue.

Throw tissue into closed bin immediately after use.

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.

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Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have 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

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
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.
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

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

- Eat only well-cooked food
- Avoid spitting in public
- Avoid close contact and travel with animals that are sick

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