



COVID-19



AVOID PHYSICAL CONTACT WHEN GREETING

Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Safe greetings include a wave, a nod, or a bow.



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.

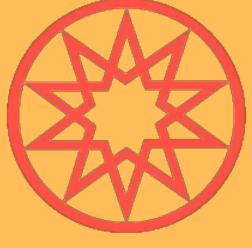
- after coughing or sneezing
- when caring for the sick
- before, during, and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



PROTECT OTHERS

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

Throw the tissue into closed bin after use.



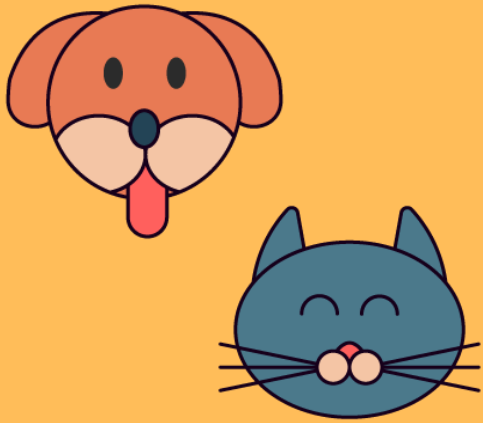
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PRACTICE FOOD SAFETY

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

Wash your hands between handling raw and cooked food.



AVOID CONTACT WITH STRAY ANIMALS

Wash hands with soap and water after touching animals.

Avoid touching eyes, nose, and mouth.

STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have fever and cough.

If you become sick while travelling, **inform crew.**



**IF YOU HAVE FEVER, COUGH, AND DIFFICULTY BREATHING,
SEEK MEDICAL CARE EARLY AND SHARE PREVIOUS TRAVEL
HISTORY WITH YOUR HEALTH CARE PROVIDER.**