

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



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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



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Protect others from getting sick

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



Throw tissue into a 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.

Practise food safety

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



Wash your hands between handling raw and cooked food



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Practise food safety

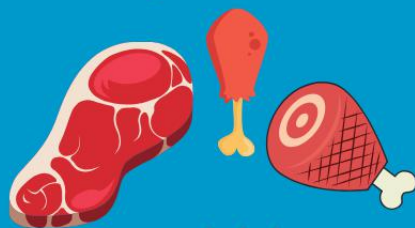
Sick animals and
animals that have
died of diseases
should not be
eaten



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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



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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**



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

**Avoid touching eyes,
nose or mouth**



STAY HEALTHY WHILE TRAVELLING

When coughing or sneezing
cover mouth and nose with
flexed elbow or tissue - throw
tissue away immediately and
wash hands



If you choose to wear a 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

STAY HEALTHY WHILE TRAVELLING

**Eat only well-
cooked food**



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**

