STAY HEALTHY WHILE TRAVELLING

REDUCE YOUR RISK OF CORONAVIRUS INFECTION & OTHER FLU-LIKE SYMPTOMS

- Avoid travel if you have a fever or a cough.
- If you become sick while travelling inform crew and seek medical care early.

#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy
Many of the symptoms can be treated but there is no specific treatment for the disease.

**What are the common symptoms?**
- Fever
- Cough
- Shortness of Breath

**How is it transmitted?**
The information is still evolving but at this time person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza is spread.

**Protect yourself and others from the risk of coronavirus and other illnesses by:**
- Washing hands with soap and water.
- Cover nose and mouth when coughing with tissue, then throw tissue in trash.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Eat only well cooked food.
- Thoroughly cook meat and eggs.
- Avoid unprotected contact with wild or live farm animals
- Stay home when you are sick except to get medical care.