

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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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



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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 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**



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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

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

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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