

Allegato 2
Annex 2

COVID-19

Protect yourself and others from getting sick

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



Throw the tissue into a closed bin immediately after use



Clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty



Avoid touching eyes, nose and mouth



 International Chamber of Shipping
Shaping the Future of Shipping



COVID-19 Practise Food Safety

Meat products can be safely consumed if they are cooked thoroughly and properly handled during food preparation



Do not eat sick or diseased animals



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



Wash your hands with soap and hot water for at least 20 seconds between handling raw and cooked food



International Chamber of Shipping

Shaping the Future of Shipping



COVID-19 Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



International Chamber of Shipping

Shaping the Future of Shipping

