

Allegato 6  
Annex 6

**COVID-19**
**A3**

# 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 



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