

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



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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



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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**


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