

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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