

# Safe travel guidance

## 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

Avoid close contact with people suffering from a fever and cough



If not use a mask and avoid hand shake



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

If you become sick while travelling, inform crew and seek medical attention 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 close contact and travel with animals that are sick



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PLEASE CONTACT THE FOLLOWING NUMBERS FOR ASSISTANCE  
NATIONAL HOTLINE- **8335, +251112765340**  
UNHCC HOTLINE: **+251929908433**