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

**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

**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

**STAY HEALTHY WHILE TRAVELLING**

- Eat only well-cooked food
- Avoid close contact and travel with animals that are sick

**PLEASE CONTACT THE FOLLOWING NUMBERS FOR ASSISTANCE**

- NATIONAL HOTLINE: 8335, +251112765340
- UNHCC HOTLINE: +251929908433