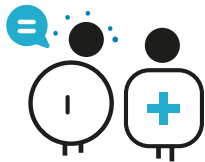


Coronavirus

Before or during a flight

- **Do not fly** if you have a fever, cough, cold, difficulty breathing or flu-like symptoms



- **Share** your travel history with your health care providers



- If you feel ill while travelling, **inform** crew and seek medical care ASAP



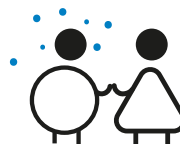
Food safety

- **Avoid** eating **raw or undercooked** animal products (meat, milk, etc.)
- **Wash your hands** every time you handle food

Protect Yourself and Others

from illness while flying – reduce the risk

- Clean hands **frequently** and well with alcohol-based hand rub or soap and water



- **Avoid** close contact with others who have a fever, cough, cold, difficulty breathing or flu-like symptoms

- When coughing and sneezing, **cover mouth and nose** with flexed elbow or tissue – **dispose** of tissue **immediately** and wash hands



- Avoid **touching** eyes, nose or mouth