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

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

**Food safety**

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

Follow the advice of the local public health authorities.