Stay healthy while travelling

Before departure

- Avoid travel if you have a fever and cough.

- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
Stay healthy while travelling

On the plain

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- If you become sick while travelling, inform crew and seek medical care early.
Stay healthy while travelling

After the trip

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using soap and water or alcohol-based hand rub.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- Eat only well-cooked food.
- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
Stay healthy while travelling

Before boarding

- Avoid travel if you have a fever and cough.

- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
Stay healthy while travelling

During your commute

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- If you become sick while travelling, inform crew and seek medical care early.
Stay healthy while travelling

When you arrive to your destination

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using soap and water or alcohol-based hand rub.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- Eat only well-cooked food.
- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
Stay healthy while travelling

Before departure

- Avoid travel if you have a fever and cough.

- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
Stay healthy while travelling

During the trip on the ship

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- Avoid spitting.
- If you become sick while travelling, inform crew and seek medical care early.
Stay healthy while travelling

After the trip

- Avoid close contact with people suffering from a fever and cough.
- Frequently clean hands by using soap and water or alcohol-based hand rub.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- Eat only well-cooked food.
- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.