



MINISTERIO DE
SALUD PÚBLICA



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.**



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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.**



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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.**



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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.**



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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.**



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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.**



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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.**



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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.**



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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.**