

Stay healthy while travelling



Avoid travel if you have a fever and cough.



If you have a fever, cough and difficulty breathing while travelling, **inform crew and seek medical care early.**



Avoid close contact with people suffering from a fever and a cough.



If you seek medical attention, **share travel history with your healthcare provider.**



If you choose to **wear a face mask**, be sure to cover mouth and nose.



Frequently clean hands by using alcohol-based **hand rub or soap and water.**



Immediately discard your single-use mask after use and wash your hands.



Eat only **well-cooked food.**



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



When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue.

Adapted from World Health Organization

Stay informed and prevent the spread of COVID-19. Visit www.discovery.co.za for more information.
*Stay informed. Stay in the **healthy zone.***