

PROTECTING YOURSELF AND OTHERS FROM THE SPREAD COVID-19



BEFORE EMBARKATION



If you have fever, cough or other respiratory **symptoms** **postpone your trip** and seek medical attention

DURING YOUR TRIP



Make sure you **wear your mask** properly and avoid touching it. **Clean your hands** with alcohol-based hand rub or soap and water after discarding your mask



Regularly and thoroughly **clean your hands** with an alcohol-based hand rub or wash them with soap and water and avoid touching eyes, nose and mouth



Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.



Maintain at least **1.5 meter distance** between yourself and others



Avoid going to crowded areas



Avoid contact with ill people



If you have fever, cough or other respiratory symptoms **inform a crew member** and seek medical attention