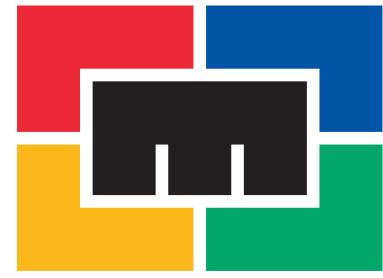


The coronavirus has been declared a global health emergency by the World Health Organization (WHO).

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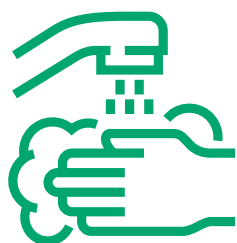
This is what you need to know:

**First, do not panic. You can protect yourself and your family.**

# How to stay healthy while travelling



Only eat well-cooked food, especially meat



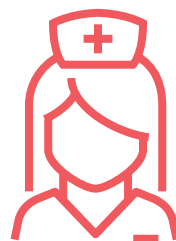
Wash your hands often, using soap and water



Avoid close contact with other people if you are coughing or have a fever



If you become sick while travelling, **let someone know and see a doctor immediately**



When you see a doctor, **let them know where you have travelled**

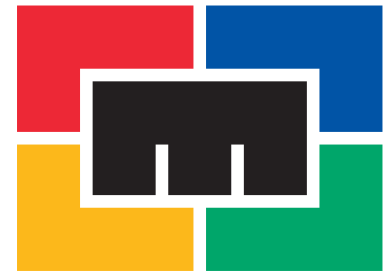


When coughing and sneezing, **cover your mouth** and nose with your elbow or tissue

Information source: World Health Organization

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This is what you need to know:

**First, do not panic. You can protect yourself and your family.**

# To protect yourself and others from getting sick

## Wash your hands



After coughing or sneezing	When looking after a sick person	Before, during and after you prepare food	Before eating
After using the toilet	When hands look dirty	After touching animals	Never spit in public

Information source: World Health Organization



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