

# STAY HEALTHY WHILE TRAVELLING

**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**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



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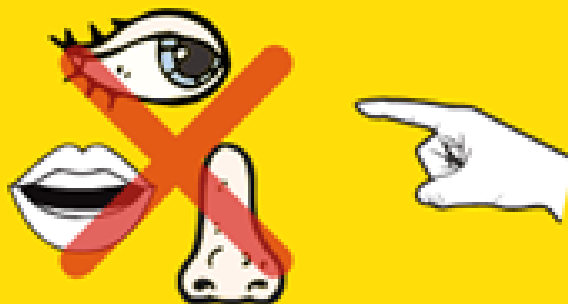
# STAY HEALTHY WHILE TRAVELLING

**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**



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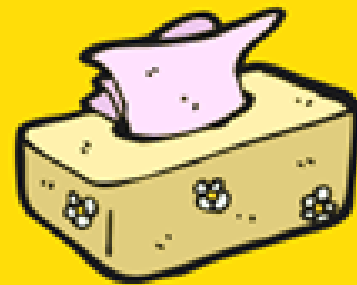


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# STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing  
cover mouth and nose with  
flexed elbow or tissue – throw  
tissue away immediately and  
wash hands



If you choose to wear a face mask, be  
sure to cover mouth and nose -  
avoid touching mask once it's on

Immediately discard single-use mask  
after each use and wash hands after  
removing masks



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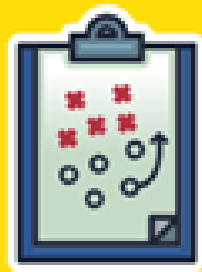
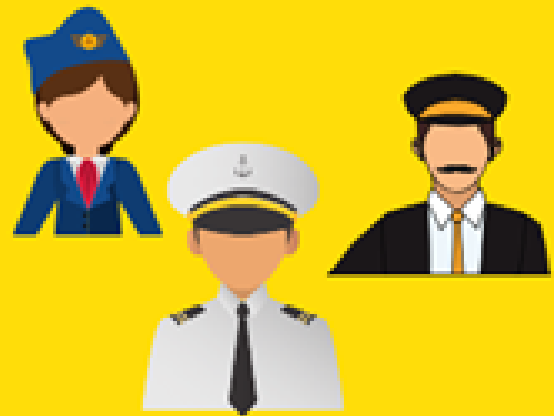


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# STAY HEALTHY WHILE TRAVELLING

If you become sick  
while travelling,  
**inform crew and  
seek medical care  
early**



If you seek medical  
attention, **share travel  
history with your health  
care provider**



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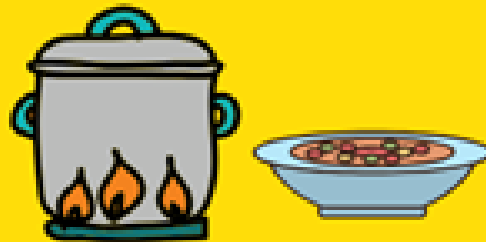


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# STAY HEALTHY WHILE TRAVELLING

**Eat only well-  
cooked food**



**Avoid spitting in public**

**Avoid close contact  
and travel with  
animals that are sick**



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