Coronavirus Disease 2019 (COVID-19)

How to stay healthy while travelling

Follow these good practices

If you become sick while travelling, inform crew or port health officer and seek medical care. Inform the health care provider of your travel history.

Wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub or soap and water

If you choose to wear a mask, make sure it fits tightly and covers your mouth and nose. Avoid touching the mask once it's on. Discard single-use masks immediately after use and then wash your hands.

When coughing or sneezing, cover your mouth and nose with a tissue or your upper sleeve. Dispose of used tissues immediately after use and then wash your hands.
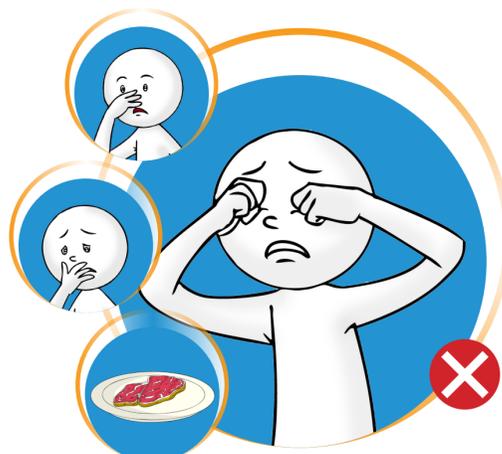
Things to avoid

Avoid travelling if you have fever and cough.

Avoid close contact with people suffering from fever and cough.

Avoid touching eyes, nose or mouth and eating food that has not been cooked thoroughly.

Avoid direct unprotected contact with animals while travelling.