



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

MESSAGES FOR TRAVELERS

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.



- Avoid close contact with people suffering from fever and cough.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid touching eyes, nose or mouth.



- 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.



- 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.



- Eat only well-cooked food.
- Avoid spitting in public.
- Avoid close contact with travel animals that are sick.



KwaZulu-Natal Department of Health



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