

BE A HEALTHY TRAVELER



TRAVEL SAFE. TRAVEL SMART. ARRIVE HEALTHY.

STOP THE SPREAD OF GERMS BEFORE YOU FLY.

1



COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE

OR



COUGH OR SNEEZE INTO YOUR UPPER SLEEVE, NOT YOUR HANDS.



2



WASH HANDS WITH SOAP AND WARM WATER FOR 20 SECONDS

OR



CLEAN WITH ALCOHOL-BASED HAND CLEANER



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT



SAN ANTONIO
AIRPORT SYSTEM

FOR MORE HEALTHY TRAVEL TIPS
VISIT WWW.CDC.GOV/TRAVEL

