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

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