

# 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.



DISPOSE OF YOUR USED TISSUE.

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

FOR MORE HEALTHY TRAVEL TIPS  
VISIT [WWW.CDC.GOV/TRAVEL](http://WWW.CDC.GOV/TRAVEL)

