

ISPAEXPO

IMPORTANT SAFETY TIPS

FOR A SUCCESSFUL & HEALTHY EXPERIENCE

While at EXPO, here are some important tips to keep you & everyone around you healthy!



WASH YOUR HANDS AND SANITIZE

- Use soap and water for at least 30 seconds
- Use alcohol hand sanitizer with at least 60 percent ethanol
- Use sanitizing wipes on everything you touch

WHEN COUGHING AND SNEEZING

- Cover mouth and nose with flexed elbow or tissue
- If you wear a face mask, cover your mouth & nose
- Discard tissues & face masks immediately after each use

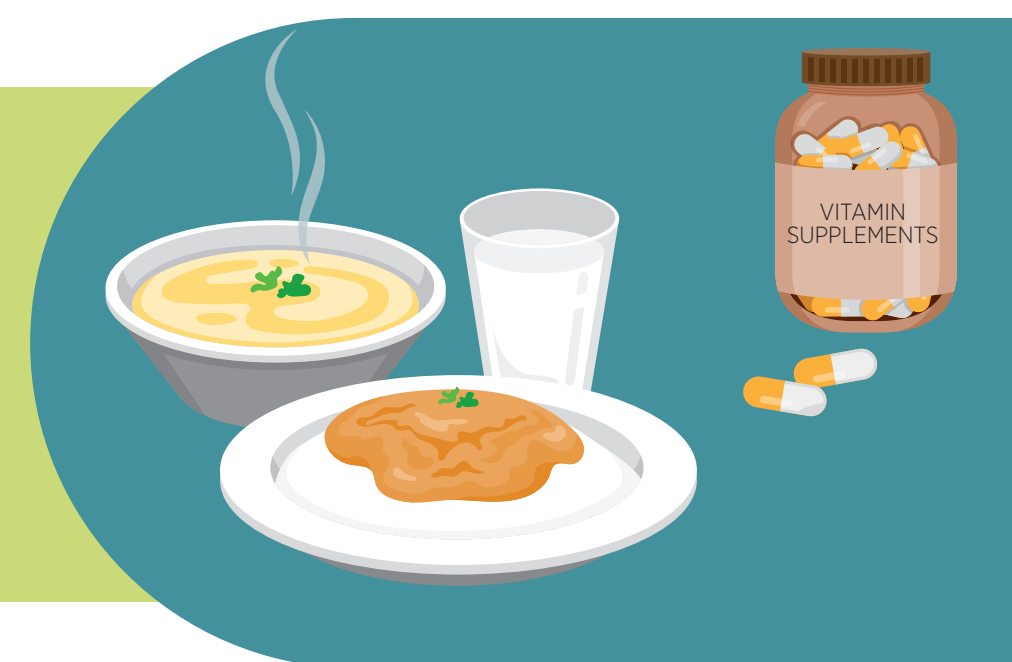


GET PLENTY OF REST

- Need tips on sleeping better? Visit [BetterSleep.org/blog](https://www.bettersleep.org/blog)

STAY HYDRATED & EAT WELL

- Consider taking vitamin supplements to boost the immune system
- Eat well-cooked food, healthy snacks & plenty of fruits & vegetables



AVOID THE FOLLOWING:

- **Avoid Travel** if you have a fever, cough and difficulty breathing
- **Avoid Close Contact** with people suffering from a fever & cough
- **Avoid Touching** eyes, nose or mouth
- **Avoid Shaking Hands**, try an elbow bump instead - *Trust us, no one will be offended!*



Have questions about travel safety?

Visit the World Health Organization at www.who.int