

# PROTECTING YOURSELF AND OTHERS FROM THE SPREAD COVID-19



## BEFORE EMBARKATION



If you have fever, cough or other respiratory **symptoms** **postpone your trip** and seek medical attention



## DURING YOUR TRIP



Make sure you **wear your mask** properly and avoid touching it. Clean your hands with alcohol-based hand rub or soap and water after discarding your mask



Regularly and thoroughly **clean your hands** with an alcohol-based hand rub or wash them with soap and water and avoid touching eyes, nose and mouth



**Cover your mouth and nose** with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.



Maintain at least **1.5 meter distance** between yourself and others



**Avoid going to crowded areas**



**Avoid contact with ill people**



If you have fever, cough or other respiratory symptoms **inform a crew member** and seek medical attention



For further information please contact  
**210-5212054** or **1135**  
[www.eody.gov.gr](http://www.eody.gov.gr)

