

TRAVEL SAFETY GUIDELINE

FOR COVID - 19



H.R. Polycoats Pvt. Ltd.

Mfrs. of PU - PVC - Synthetic Leather



CAUTION!



Travel can put you and others at risk for COVID-19.
Travel only if unavoidable or if it will help you move to a safer location.

Physical Distancing 101

SOURCE: WHO

Stay away from mass gatherings.

Keep a distance of 6 feet or 2 meters – about one body length – away from other people.

Avoid touching other people, and that includes handshakes.

Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.



Keep Your Workplace Safe!

Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands at the door and schedule **regular hand washing** reminders



Disinfect surfaces like doorknobs, tables, and desks regularly



Avoid touching your face and cover your coughs and sneezes



Increase ventilation by opening windows or adjusting air conditioning

Limit meetings and non-essential travels

Use **video conferencing** instead of face-to-face meetings

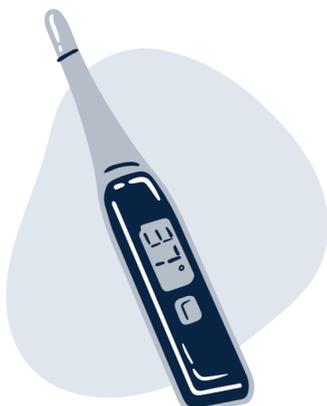
When video calls are not possible, hold your meetings in **well-ventilated rooms and spaces**

Suspend all non-essential travels and trips



Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to hr@reallygreatsite.com anytime.



Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources

