Your Health Safety COVID-19 Check List
For Aircraft Passengers and Crew

YOUR BEHAVIORS ARE YOUR – AND EVERYONE'S - MOST IMPORTANT COVID DEFENSE

Ten reminders on the plane:

> Follow flight crew instructions while on board the aircraft, as is always required.
> Maintain six-foot distance before and after boarding the plane, such as on the jet bridge.
> Keep reasonable distance onboard when stowing and removing overhead luggage.
> Clean hands and your immediate area, including tray tables, armrests and other high touch areas.
> Wear masks at all times during flight, except very short times to eat or drink.
> Politely request face mask compliance from someone not doing so. If they refuse, call a flight attendant.
> Avoid face touching - in particular eyes, nose and mouth - when seated and during bathroom use.
> Avoid congestion in the aisles throughout the trip.
> Alert a flight attendant if someone is symptomatic.
> Do keep hydrated during long flights: Drink prudently by only briefly removing your face mask.