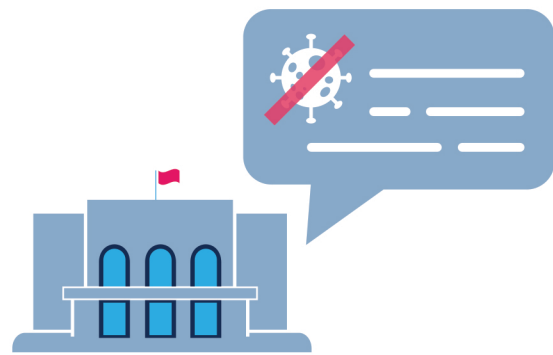


GENERAL RECOMMENDATIONS

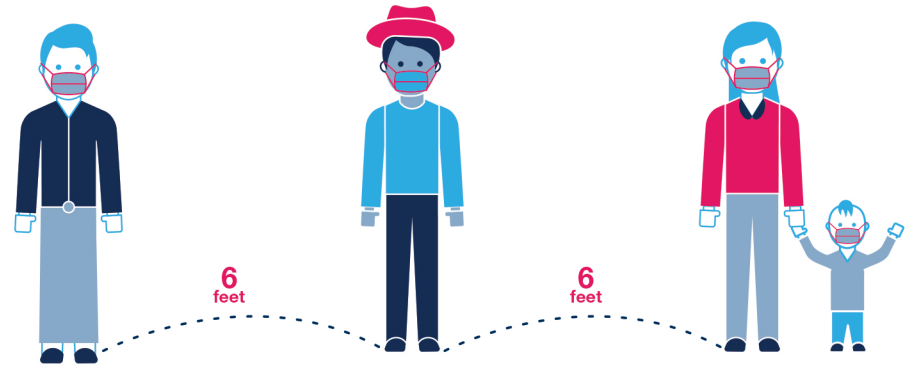
while delivering or participating IN COMMUNITY TOURS

1



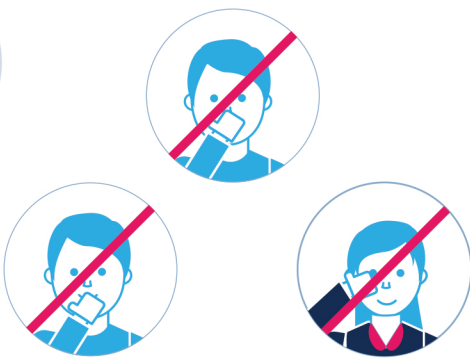
Listen to and follow Government of Myanmar advice and regulations

2



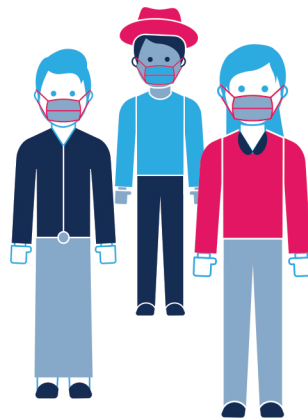
Keep at least 6 feet of distance from other people, unless they are from the same household

3



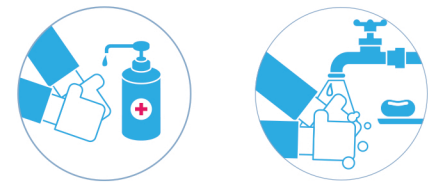
Avoid touching your mouth, eyes and nose

4



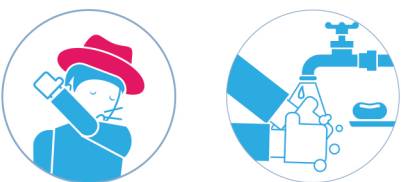
Always wear a mask, unless you are with people from the same household as you

5



Wash your hands thoroughly with soap and water, or clean your hands with at least 70% alcohol sanitizer, several times a day

6



Cough or sneeze into a tissue or into the crook of your arm. Always wash your hands afterwards

7



Avoid close contact, such as handshakes or hugs

8



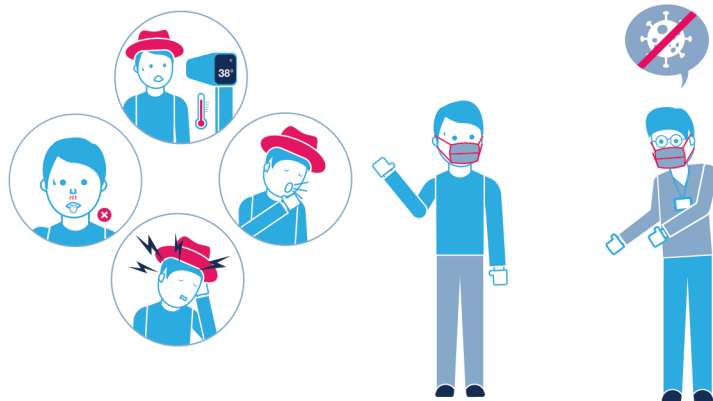
Dispose of personal waste safely (tissues, masks, water bottles), using sealed bins. Tourists, tour operators and guides should always remove waste from the community when they leave

9



Do not give or receive gifts (e.g. giving sweets to children) or share food, drinks or personal objects, such as cameras, water bottles, etc

10



In case of symptoms (fever, cough, loss of smell and taste): quarantine yourself immediately and contact the closest health centre/doctor

PLEASE FOLLOW THE GUIDELINES AND STAY SAFE!