

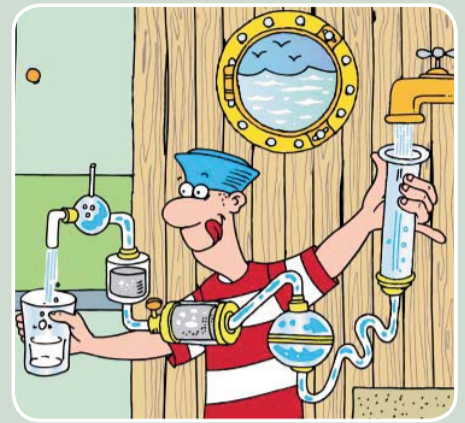
# The **SHIP** Safe Travel Commandments



THOU SHALT CONSULT  
THY PHYSICIAN



THOU SHALT PROTECT  
THYSELF FROM INSECTS



THOU SHALT PURIFY THE  
WATER THAT THOU DRINKEST



THOU SHALT NOT BEGET  
TRAVELLERS' DIARRHOEA



THOU SHALT WASH  
THY HANDS



THOU SHALT EXERCISE  
TO STAY FIT



THOU SHALT PROTECT  
THYSELF AGAINST THE SUN



THOU SHALT TAKE AND WEAR  
THY PROPHYLACTICS



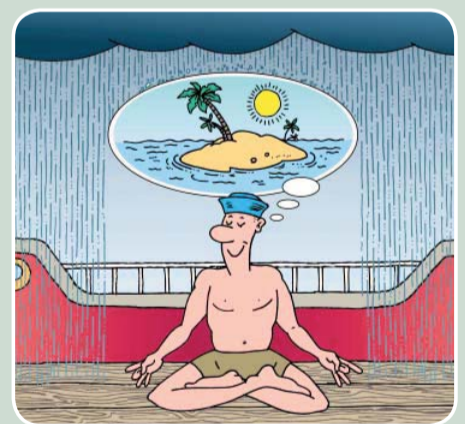
THOU SHALT NOT ABUSE  
ALCOHOL



THOU SHALT BE WARY  
OF THY CONVEYANCE



THOU SHALT NOT SMOKE  
ON BOARD THY SHIP



THOU SHALT KEEP  
THY MIND FIT

## Safe Travel

Seafarers' Health Information Programme

**Healthier, fitter, safer**

International Seafarers' Welfare and Assistance Network

[www.seafarershealth.org](http://www.seafarershealth.org)

