

# Travel responsibly with our Health and Safety Checklist.

Your well-being is of utmost importance to us, as such, we have put in place various enhanced protective measures with your best interest in mind. Do take note of these measures so you can be prepared to fly confidently with us.

## Before you leave home:

- Seek medical advice if you feel unwell.
- Download the MySejahtera app from Apple App Store or Google Play Store when travelling to and within Malaysia for health screening and contact tracing purposes.
- Be aware of the travel rules and restrictions of your departure and arrival country. Visit <https://www.iatatravelcentre.com> for information.
- Complete your travel documents:
  - e-Visa or travel authorisation via an online government portal.
  - Contact and health information (or declaration, as per local regulations)
- Check-in online and arrive at the airport at least 4 hours prior to departure.
- Pack sufficient face masks for your entire trip.
- Pack enough hand sanitiser. Each hand sanitiser bottle is not to exceed 100ml. A combined total of 1 litre is allowed to be carried in your cabin baggage for liquid, aerosols and gels (LAG).
- Don't forget your passport!

## At all times, please ensure that you do the following:

- Sanitise your hands before you put on your mask.
- Be sure to wear your mask at all times.
- Change your mask every 4 hours.
- Cover your nose and mouth when you need to sneeze. Sneeze into your elbow and wash hands immediately after.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently with soap and water.
- Practise social distancing where possible.

Inform the crew and seek medical care early if you are feeling unwell from your trip.

## Thank you and have a safe journey!

Please refer to the Malaysia Airlines travel advisory for the latest updates at [malaysiaairlines.com](https://malaysiaairlines.com)

