The **SHIP Safe Travel Commandments**

1. Thou shalt consult thy physician.
2. Thou shalt protect thyself from insects.
3. Thou shalt purify the water that thou drinkest.
4. Thou shalt not ingest traveller's diarrhoea.
5. Thou shalt wash thy hands.
6. Thou shalt exercise to stay fit.
7. Thou shalt protect thyself against the sun.
8. Thou shalt take and wear thy prophylactics.
9. Thou shalt not abuse alcohol.
10. Thou shalt be wary of thy conveyance.
11. Thou shalt not smoke on board thy ship.
12. 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)