**DOs**

✔ Wear your seatbelt when on the Move.

✔ Protect yourself against local common diseases.

✔ Seek Security Advice from your Security focal point or supervisor always.

✔ Familiarise yourself with the security policies, procedures and plans.

✔ Create and carry list of emergency contact numbers.

✔ Be culturally aware, expect and accept differences.

✔ Always carry your own personal medication

✔ Be aware of security environment around you.

**DONTs**

× Drive recklessly or accept it.

× Carry unauthorized personnel.

× Travel without security clearance.

× Disregard security information.

× Disregard security procedures or security advice.

× Expose yourself to unnecessary risk.