TRAVELING
DURING A PANDEMIC
HOW TO STAY HEALTHY ON THE MOVE

RETURN *to* **WORK**
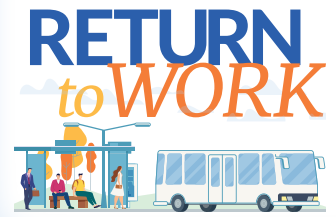
2020 hasn't turned out how any of us expected. Many business trips and vacations have had to be postponed or even cancelled. The Centers for Disease Control (CDC) is recommending you stay home and Sample Company has suspended company travel. As states slowly return to normal operations and as restrictions relax, you many need to travel again. Here's how to travel safely in the US.

Think it through. All states have had cases of COVID-19, and traveling increases your chances of getting and spreading it. The CDC recommends staying home as much as possible, especially if your trip isn't essential. Do not travel if you are sick or with someone who is sick. Don't risk it if you are at **higher risk of severe illness**.

If you do decide to travel, here are some things to keep in mind.

Protect yourself and others.

→ **Wash your hands** often with soap and water for at least 20 seconds. Make sure you always wash after being in a public place or interacting with people. If you don't have access to a wash station, you can also use hand sanitizer if it contains at least 60% alcohol.

→ Avoid touching your eyes, nose and mouth.

→ Keep up **social distancing**. Stay at least 6 feet away from others. Avoid large groups.

→ Cover coughs and sneezes with a napkin or tissue.

→ Wear a **mask**.

→ Avoid dining in at **restaurants**. Use drive-throughs, delivery, or curbside pickup.

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Decide your method of travel (and know the risks).

AIR TRAVEL: Because of air filtering and circulation on planes, germs don't spread that easily on flights. However, crowded flights can be risky if someone near you has COVID-19. If you're flying, wear a mask and try to stay as far away from others as possible. Use wipes to disinfect your seat area, and wash your hands frequently.

BUS OR TRAIN TRAVEL: Trains and buses don't have a lot of space, so it's difficult to social distance. Try to spread out as much as possible, wear a mask, disinfect your seat area and wash your hands frequently.

CAR TRAVEL: Since you're limiting contact with others, car travel is safer. But there is some risk if you make stops. Try to limit your stops along the way, as well as your contact with people.

No matter how you're traveling, it's important to avoid unnecessary contact and keep up social distancing.

Follow any local travel restrictions or orders.

If your county or state has a stay-at-home or shelter-in-place order, make sure to follow it. You'll be able to travel freely later! If you do travel, make sure you're checking the requirements of where you're going and your route along the way. Will whatever you're traveling to see or do even be open when you arrive?

Can I stay in a hotel?

The CDC recommends staying home and avoiding close contact for now. But if you do stay in a hotel or rental property, here are some tips.

→ Continue to follow the CDC guidance – avoid close contact, wash hands often, and wear a mask or cloth face covering.

→ When you arrive, clean and disinfect high-touch surfaces such tables, doorknobs, light switches, faucets, toilets and remotes with an **EPA-approved disinfectant**.

→ Wash any plates, cups or silverware before using. Better yet, use disposable tableware.

Road trips need rules, too.

If you're planning a road trip, remember that many businesses and restaurants will still be closed. Be prepared for your whole trip on day one.

→ Pack food and water for the road, as stores and restaurants may be closed.

→ Bring enough medication for the duration of the trip.

→ Make sure you bring hand sanitizer to last your whole trip.

→ Book accommodations in advance if you have to stay somewhere overnight (and see above for hotel tips).

Do not travel if you are sick. Before you make any vacation plans, make sure you're being as safe and pragmatic as possible. It doesn't hurt to postpone or reschedule! And just in case, **read up** on what to do if you become sick.