

COVID-19: Safe Travel Tips

This year, traveling comes with increased risks due to the COVID-19 pandemic. If you have decided to travel during the holidays, make sure to take extra precautions to keep yourself and your family safe. Here are some suggestions to keep in mind as the holiday season approaches.

- Make sure to check whether your destination has any restrictions in place for travelers before you leave.
- Stay up-to-date about how many COVID-19 cases there are in the state you are traveling to. If cases are on the rise, consider delaying your travel plans.
- Wear a mask at all times when in public or near others not in your household.
- Keep a minimum of 6 feet from those not in your household.
- Make sure to wash your hands frequently, especially after entering public places or touching objects and surfaces.
- Use hand sanitizer when you cannot wash your hands with soap and water.
- Be prepared with supplies. Bring hand sanitizer and disinfectant wipes. Bring snacks and easy meals, such as peanut butter and jelly sandwiches. Bring water and other drinks. This can help minimize stops and contact with others. Don't forget your medications and vitamins as well.
- Be mindful to not touch your face with your hands.
- When using public transportation, bring disinfectant wipes and wipe down the area around your seat. When staying somewhere overnight, you should also disinfect your surroundings.
- Clean your cell phone, tablet, laptop, and other devices frequently. Alcohol prep pads are useful for this.
- Keep your immune system strong: Drink plenty of water, eat healthy foods, and get plenty of rest.
- If you are attending gatherings with other households at your destination, wear a mask and keep 6 feet from others.
- Make sure to take continued precautions when returning from travel, since you could have been exposed to the virus and could unknowingly expose others.

Refer to the Centers for Disease Control and Prevention website for additional travel considerations. Remember, if you are sick or could have been exposed to someone with the virus, you should delay your travel plans.

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