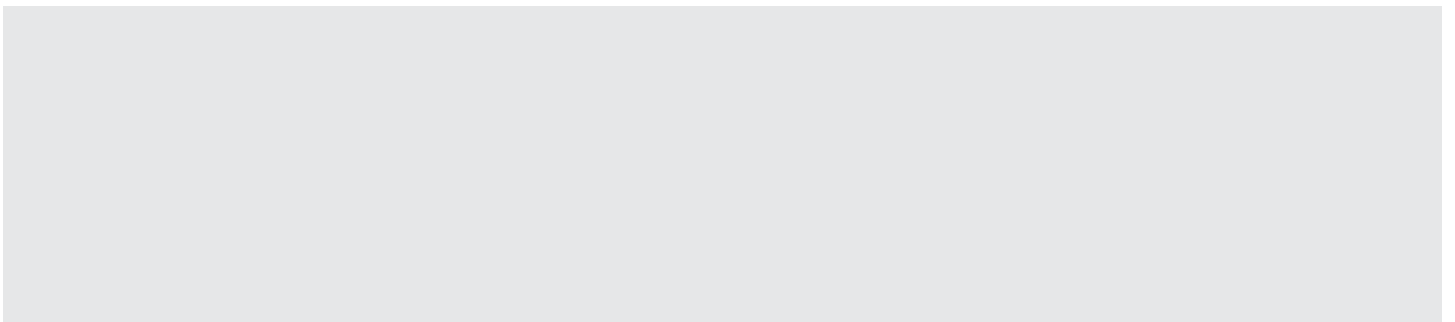


# VACATION HEALTH & SAFETY GUIDE



BOOK WITH  
**CONFIDENCE**





# THE BOOK WITH CONFIDENCE TRAVEL ADVISOR COMMITMENT



- ✓ We will share with you what to expect on your upcoming travel experience related to health and safety measures taken by our airline, airport, hotel & resort, tour operator, cruise line and local transportation operators.
- ✓ We will provide you with current destination entry requirements, deposit and cancel policies and review travel insurance options.
- ✓ We will monitor your booking before and during your vacation to inform you of any changes that may impact your travel.
- ✓ We're here to help with any unexpected issues that arise before, during or after your trip and look forward to hearing from you upon your return home.

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# TRAVEL BETTER WITH YOUR TRAVEL ADVISOR

Our agency’s clients’ love for travel is no less than it has been in the past, but it has become more complex in the era of COVID-19. That is why we have curated the resources in this guide from respected resources .... to help you navigate the new rules and procedures and most importantly help you make your travels as safe as possible.

Use these resources before, during and after your vacation but never hesitate to call on us because it’s our role to make your trip as easy and worry free as we can.

Whether travel is responsible or advisable is a decision you need to make. It’s important to note that since the pandemic is ongoing, anything can change at any time. We rely on third parties, such as government agencies and travel providers, for some of the information we provide you and therefore cannot guarantee its accuracy at any given time. We’ve included links at the end of this guide to resources you can use to access the very latest updates on any important developments with the virus.



# YOU CAN RELY ON US TO:

✓ **PROVIDE DESTINATION  
COVID-19 STATUS AND ENTRY  
REQUIREMENT DETAILS**

Countries and states all have different policies around COVID-19, which may include mandatory 14-day quarantines, denying entry to travelers from certain countries, COVID-19 testing requirements and more. Just because an airline has service to a destination or a hotel is open, it does not mean the destination is allowing tourism from a particular country. Some states also have restrictions on visitors. Destinations may be open, but attractions may be closed. Hotels may be open, but services may be reduced. We’ll work with you every step of the way to take care of details and coordinate all of the components of your trip.

✓ **SHARE HEALTH &  
SAFETY INFORMATION**

We can share specific measures properties and travel providers are taking to ensure safety while you travel.

✓ **UNDERSTAND  
CANCELLATION POLICIES**

Airline, Hotel and other travel provider cancellation policies are changing as the situation evolves. We can provide information on those policies and recommend the best options in light of those policies.

✓ **REBOOK CANCELLED TRIPS**

We are here to help you through the rebooking or refund process. We can help you decide when to rebook a trip and what options are available to you. Also, if you happen to have any Future Credits for cruises or tours that were cancelled due to COVID-19 we can handle booking your new trip using those credits.

✓ **RECOMMEND A TRAVEL  
INSURANCE CARRIER**

Travel insurance is more important than ever as it can provide an extra level of protection in an uncertain environment. In this guide we have an overview of different types of travel insurance policies, and we can recommend the carriers best suited to your individual needs.

✓ **ASSIST WHEN YOU  
NEED US MOST**

We’re here for you before, during and after your trip as your personal advocate to ensure all goes smoothly and safely, and we’re ready to jump in to help when needed.





# COVID OVERVIEW

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## PLEASE REMEMBER TO

-  Wear a mask in public
-  Maintain social distance
-  Wash your hands frequently
-  Stay inside if you feel sick



# OVERVIEW OF WHAT WE KNOW ABOUT COVID-19 AND HOW IT'S TRANSMITTED

## WHAT IS CORONAVIRUS?<sup>1</sup>

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others by wearing a mask in public, washing your hands frequently, maintaining social distance, avoiding crowds and staying in if you are sick.

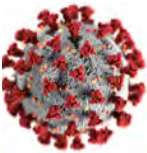
The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At the time of this writing, October 27, 2020, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Heard “chatter” about a COVID-19 related issue but want to know if it’s true or not? Check out these [Myth Busters from the World Health Organization \(WHO\)](#)

1 [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

## What you should know about COVID-19 to protect yourself and others <sup>2</sup>



### Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



### Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



### Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



CS 314937A 06/01/2020



### Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



### Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



### Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

2 <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has  
Emergency Warning Signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



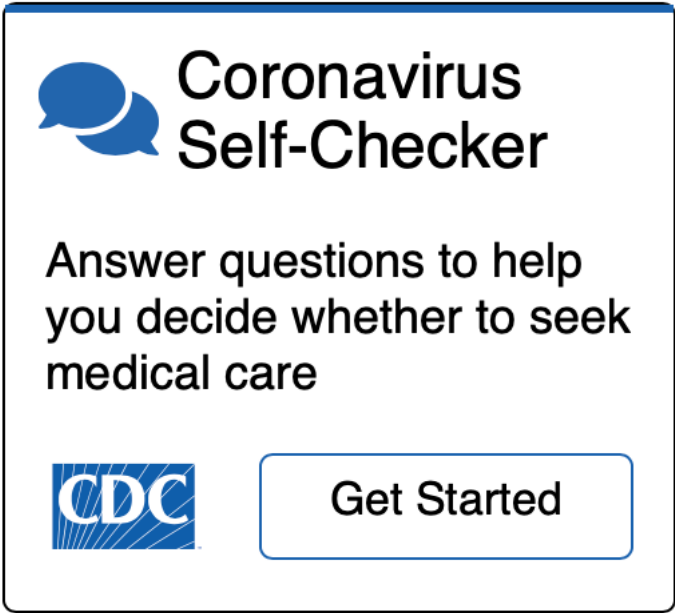
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

3 <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

# CDC CORONAVIRUS SELF-CHECK TOOL

The Coronavirus Self-Checker<sup>5</sup> is an interactive clinical assessment tool that will assist individuals ages 13 and older, and parents and caregivers of children ages 2 to 12 on deciding when to seek testing or medical care if they suspect they or someone they know has contracted COVID-19 or has come into close contact with someone who has COVID-19.

The online, mobile-friendly tool asks a series of questions, and based on the user’s responses, provides recommended actions and resources.



4 <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

# DECIDING WHETHER TO TRAVEL DURING COVID-19<sup>5</sup>

Leaving your home, including doing errands, shopping, eating out or traveling increases your chance of getting and spreading COVID-19. Staying home is among the best ways to protect yourself and others from COVID-19.

You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including children) may spread COVID-19 to other people including your family, friends, and community for up to 14 days after you were exposed to the virus.

Don't travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Don't travel with someone who is sick.

5 <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>



## BEFORE TRAVEL, CONSIDER THE FOLLOWING:

- ✓ **IS COVID-19 SPREADING AT YOUR DESTINATION?**

The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return. Check the following resources for the number of new cases in your destination:

  - [Johns Hopkins Coronavirus Resource Center: New Cases by State](#)
  - [Johns Hopkins Coronavirus Resource Center: New Cases by Country](#)
- ✓ **DOES YOUR DESTINATION HAVE REQUIREMENTS OR RESTRICTIONS FOR TRAVELERS?**

  - Some country, state, local, and territorial governments have requirements, such as requiring people to wear masks and requiring those who recently traveled to stay home for up to 14 days. Check state/province and local public health websites for information before you travel for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or quarantine.
  - [IATA Entry Restrictions by Country](#)
  - [AAA State & Province Entry Restrictions](#)
- ✓ **DO YOU LIVE WITH SOMEONE WHO MIGHT BE AT INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19?**

  - If you get infected while traveling, you can spread the virus to loved ones when you return, even if you don't have symptoms.
- ✓ **ARE YOU AT INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19?**

  - Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19.
- ✓ **IS YOUR EMPLOYER AWARE YOU ARE PLANNING TO TRAVEL?**

  - And if so, are they okay with your quarantining for 14 days if you contract COVID-19 while traveling?
  - **If you were to get sick in a foreign country or on an island**, are you comfortable with quarantining there for 14 days before you can travel home? Are you also comfortable with using their healthcare system should the need arise?

Our expertise is travel, not medicine. Therefore, please consult your physician or other medical professionals should you have any questions relating to any symptoms you may be experiencing or your medical fitness to travel.





## BEFORE YOUR TRIP

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# OVERVIEW OF TRAVEL INSURANCE POLICY TYPES<sup>6</sup>

We always recommend that our clients protect their vacation investment with appropriate trip insurance policies. This has become even more imperative with COVID-19 when so much in our world has become more uncertain.

While we will work with you to find the right insurance coverage for you, all the options can be overwhelming. Therefore we've pulled together some information about different types of coverage and terms so you can make the most informed purchase.

## TRIP CANCELLATION/INTERRUPTION INSURANCE

Trip cancellation/interruption insurance covers you if unforeseen events cause you to cancel or interrupt your trip. In general, this coverage is meant for illness, injury, or death suffered by the insured or a member of the insured's immediate family. Some policies also cover cancellation in the event of illness, injury, or death to the insured's travel companion. Most policies exclude trip cancellation in the event of war, civil disturbance, or a change in your own financial circumstances. Some policies also exclude travel to specific destinations that are prone to political unrest.

Many comprehensive travel insurance policies now include coverage if travel suppliers (airlines, travel provider, cruise lines etc.) default, however, it is important to understand exactly what is covered by your policy. Some policies only cover tour operator default if the operator ceases operations entirely, which it may not do even if it files for bankruptcy.

When considering trip cancellation insurance, take time to think about how much money you'll be putting down before your trip. Are you purchasing expensive airline tickets that can't be refunded? Are you putting down a large nonrefundable deposit on a cruise or tour? If the answer is yes, or if you might cancel for any reason, then buying trip cancellation insurance may be a prudent idea.

## MEDICAL/MEDEVAC INSURANCE

Medical insurance encompasses several types of coverage. Emergency medical evacuation insurance covers the cost of transportation if a qualified physician determines that you must be evacuated for treatment to the nearest medical facility or to your home country (if it's warranted), due to injury or sickness. Travelers visiting remote areas or developing countries and traveling on a cruise should particularly consider this type of policy.

Other types of medical insurance coverage include:

- An app, or service you can call, that will direct you to English-speaking doctors while you are overseas. In some cases the policy will also provide a physician monitoring service, where a qualified physician from the U.S. will monitor the treatment you are receiving by a local physician via telephone.
- Cash payment to the insured or beneficiary in the event of accidental death, loss of sight, or loss of limb.
- Expenses for repatriation of the insured's remains in the event of death.

Keep in mind that you may need to pay up front for your medical services, and then your insurance company will reimburse you later, once you've filed a claim. On the other hand, some services provide "proof of direct payment" to the

healthcare provider, who may require one before treatment occurs. Talk to your insurance provider about the process upon purchasing the policy.

Before purchasing a travel insurance policy with medical coverage, be sure to check what your regular medical insurance does or doesn't cover, particularly when traveling overseas.

Generally speaking any medical problem that arises within 60 days prior to purchasing the policy is not covered; however, there are some exceptions to this.

[Confused by all the terms in your medical insurance policy? Consult this guide<sup>7</sup>](#)

## BAGGAGE LOSS/DELAY

Baggage loss and delay coverage protects you in the event that your luggage is lost, delayed, or stolen. This often includes a cash payment if your bags are delayed for more than 12 hours after you arrive at your destination.

## FLIGHT DELAY/CANCELLATION

Flight delay or cancellation insurance (sometimes called "travel delay") typically pays for accommodations, meals, and new travel arrangements once you've been delayed a certain amount of time (often six to 12 hours but it varies from policy to policy).

## TRAVEL DOCUMENT PROTECTION

Travel document protection kicks in to help you replace a passport or other travel documents when they're lost or stolen.

## ANNUAL TRAVEL INSURANCE

If you travel many times a year (particularly internationally), it may be more economical to purchase annual insurance instead of individual policies for each trip. Annual insurance may also be a good idea if you regularly travel to developing countries, even if it's only a few times a year.

Most annual policies provide medical evacuation coverage, benefits in the event of loss of life or limb, as well as minimums for lost luggage and treatment costs for illness or injury. These policies typically do not include trip cancellation coverage, but in some cases you may add this for an additional fee.

## CANCEL FOR ANY REASON POLICIES<sup>8</sup>


The Cancel for Any Reason (CFAR) option is available as an upgrade on some insurance carriers' comprehensive travel insurance plans and is a great option that allows travelers to cancel their trip for any reason that is not otherwise covered in their base plan, provided they cancel their trip more than 48 hours before their departure date. Most policies have provisions along the following lines:


1. The purchase of CFAR coverage is time sensitive. You need to buy insurance at the time of or within 14 days of the date when you made any first payment towards your trip.
2. You need to insure 100% of your non-refundable trip cost.
3. Cancellation needs to be at least 48 hours before departure.
4. You can cancel for any reason and get reimbursed for 50% to 75% (amounts vary by policy) of the deposited or non-refundable trip cost.


After the virus started spreading, travel insurance companies had a huge influx of customers looking to buy this coverage. It even got to the point where several companies had to stop selling CFAR policies because it didn't make sense economically.


However, there are still travel insurance companies we work with that are selling travel insurance with CFAR coverage.

### PLEASE REMEMBER TO

 Wear a mask in public

 Maintain social distance

 Wash your hands frequently

 Stay inside if you feel sick

<sup>6</sup> <https://www.smartertravel.com/travel-insurance-need-know/>

<sup>7</sup> <https://www.iamat.org/travel-insurance/>

<sup>8</sup> <https://www.forbes.com/advisor/travel-insurance/cancel-for-any-reason/>



# TRAVEL INSURANCE COVERAGE: 16 THINGS YOUR POLICY GENERALLY WON'T COVER<sup>9</sup>

When you purchase travel insurance, it's not unreasonable to assume that you are, well, insured for all aspects of your trip. Travelers are frequently frustrated to find that travel insurance coverage has quite a few exclusions that are typically stated in the fine print but nonetheless confusing and sometimes counterintuitive.

For example, whether there's a pandemic or a natural disaster out of your control, trip cancellation insurance doesn't cover cancellation under every possible circumstance: To qualify for those, you must purchase a "cancel for any reason" add-on.

Below are 18 things travel insurance coverage generally does not include. In some cases you can purchase special add-ons to cover these exclusions. Ask us about them when we discuss your travel insurance policy. **Please note that this information is NOT to be used for the purpose of filing or appealing a claim but for general education ONLY.**

## 1. HEALTH CRISES (LIKE THE COVID-19 PANDEMIC) THAT BEGAN BEFORE YOU PURCHASE

As with natural disasters, trip insurance may generally cover losses due to global health emergencies, but you must make the purchase before the crisis is a "known event." The date from which the event is "known" varies depending on the insurance company; for COVID-19 it's largely been January 21 through 27, 2020. Most travel insurance policies won't cover cancellation due to fear of a pandemic, so if you want to use insurance to protect your payments—particularly nonrefundable airfares—we can review the coverage with "cancel for any reason" policies.

## 2. LOSSES DUE TO PRE-EXISTING CONDITIONS

Travel insurance coverage does not extend to most pre-existing medical conditions, and the definition of "pre-existing" often depends on the timing of when you are diagnosed and when you purchase your travel insurance—with a so-called "look-back period" that is usually 60, 90, or 180 days prior to the day you purchase your insurance.

Say you've had arthritis for several years, with no major flare-ups or medication changes in the past six months. In this case you would likely be covered if you had an intense, debilitating flare-up during your trip. But if you had been having trouble with the condition in the months leading up to your vacation, your trip insurance would be unlikely to cover any losses related to your arthritis unless you purchased a specific add-on.

## 3. NATURAL DISASTERS THAT BEGIN BEFORE YOU PURCHASE INSURANCE

Trip insurance generally covers losses due to hurricanes or tropical storms, but you must make the purchase before the storm is named. Similar conditions typically apply to other natural disasters; if you buy a policy after a volcano starts erupting, for example, you won't be covered for any losses related to that volcano's activity.

## 4. DENTAL CARE

Routine dental care is not included in travel insurance coverage, although dental trauma may be under some circumstances.

## 5. LOSSES DUE TO MENTAL OR EMOTIONAL DISORDERS

Most travel insurance policies do not cover claims involving psychiatric or emotional disorders such as schizophrenia, bipolar disorder, or depression. (In rare cases policies may cover these conditions if hospitalization is required.)

## 6. TRAVEL FOR MEDICAL PROCEDURES

Most trip insurance will not cover issues that arise for those traveling specifically to get medical treatment (such as procedures available overseas that are not available or are too expensive at home).

## 7. PREGNANCY AND CHILDBIRTH

If you are pregnant and give birth while traveling, your travel insurance coverage generally will not include childbirth expenses. You might, however, have coverage for complications associated with pregnancy or childbirth. We need to check possible policies carefully in advance if you're planning to travel while pregnant.

## 8. RISKY ACTIVITIES AND SPORTS

Many travel insurance policies exclude losses due to adventure sports such as bungee jumping, backcountry skiing, snowboarding, rafting, caving, sky diving, scuba diving and the like. Some policies take this even further, applying exemptions for any sports involving bodily contact.

## 9. SOME ITEMS IN YOUR BAGGAGE

Baggage delay, damage, and loss policies don't cover everything in your bags. Common travel insurance exclusions include glasses, hearing aids, dental bridges, tickets, passports, keys, cash, and cell phones. In some cases these items are covered but only up to a certain dollar limit, so if you have multiple expensive electronic items (such as a laptop, a tablet, and a cell phone), you might not have enough coverage to pay for the loss of all such items.

## 10. BAD WEATHER LIMITING ENJOYMENT OF THE VACATION

Travel insurance tends not to cover weather that limits your activities on a trip. For example, you're covered if the weather is bad enough to delay or cancel your flight, but not if it pours during a jungle hike. And unless you bought a "cancel for any reason" rider, you can't call off your beach vacation just because the forecast calls for rain and clouds.

## 11. FLIGHTS PURCHASED WITH MILES

Most policies do not cover flights purchased with miles or points. They may cover associated fees if you decide to cancel or change an award fare, however.

## 12. SECURITY DELAYS OR OVERBOOKED FLIGHTS

Most policies typically won't protect you if you miss a flight due to long airport security lines, or if you're bumped from an overbooked flight and miss a subsequent connection or cruise departure.

## 13. LOST RESERVATIONS OR DOUBLE-BOOKED ACCOMMODATIONS

Most travel insurance coverage doesn't include certain lodging problems, such as a lost reservation. Rely on your travel advisor to help solve this type of problem. And if you booked your vacation rental through us but find someone else occupying it when you arrive we will work to solve that for you.

## 14. LAST-MINUTE CHANGES

If your cruise line or tour operator makes a last-minute itinerary or excursion change, travel insurance typically won't cover any travel issues caused by it, unless it involves complete curtailment. Once again, that's where the services of a travel advisor are golden.

## 15. ANYTHING FOR WHICH YOU LACK DOCUMENTATION

If you don't have a solid paper trail for all causes and costs involved in your claim, your chances of reimbursement go down. Keep detailed records.

## 16. ANYTHING NOT IN THE LIST OF COVERED ITEMS

Travel insurance works largely by inclusion of items specifically noted to be covered, and anything not mentioned is likely not covered. However, if you have a particular item you want covered we can work with the insurance company to possibly arrange for you to purchase an appropriate add-on.

**Please also note that travel insurance policies change quite often, we are here to keep you up to date on the latest changes that may not be reflected in this section.**

<sup>9</sup> <https://www.smartertravel.com/travel-insurance-coverage-things-policy-wont-cover/>



# GETTING TESTED FOR COVID-19

Some countries are currently requiring that you bring with you proof of a negative COVID-19 test taken in a specified time prior to arriving in the country. This varies from as short as 72 hours to as long as 10 days before departure or arrival. Additionally, some travelers feel it is important to know their status before traveling so they do not unintentionally transmit the virus to the locals where they will be vacationing.

Of those destinations that require proof of a negative test result, most require that it be a PCR (nasal swab), which is a molecular test that detects the presence of any of the virus’s genetic material. This is different from an antibody test, which tells you whether you’ve had the virus in the past.



**CDC Guidance for International Travel<sup>11</sup>**

Testing before and after travel can reduce the risk of spreading COVID-19

- Get tested 1-3 days before your flight. Delay your travel if you are waiting for test results.
- Get tested 3-5 days after travel AND stay home for 7 days after travel even if you test negative.
- If you don’t get tested, it’s safest to stay home for 7-10 days after travel

The PCR test is regarded as having the highest accuracy rate however it is not one of the newer instant tests and it must be processed in a laboratory off premises from where the test swab was taken. This means it can take anywhere from 24 to 72 hours or even longer to get back results.

Travelers need to find a sweet spot for their coronavirus testing before a trip. Plan it too early, and you have more time to get the virus before your trip and nullify your test result. Plan your test too close to your departure date, and if there’s a delay getting your results back, you’ll risk spreading the virus or being denied entry to a destination.

**YOU WILL NEED TO FIND A TESTING SITE THAT:**

- Provides sufficiently quick results to meet your destination’s requirements (although most locations will not guarantee a specific turnaround time they should be able to tell you)
- Does not require you to be symptomatic to “qualify” for a test
- Takes your health insurance plan. Check with your health insurance provider to determine if they cover PCR tests when you do not have symptoms or exposure to someone with COVID-19. If not be sure to find out the test costs.
- Has a convenient location and hours

[This tool, from Castlight Health,](#)<sup>10</sup> lets you search by zip code for the nearest testing site and indicates the important details you need to know. Of course, you may prefer to speak with your Primary Care Physician’s office first for their recommendations.

In Canada, [Shoppers Drug Mart](#) has PCR testing available at select locations with results available in 48 hours for international travelers.

Airports are increasingly adding in terminal testing, ask your advisor if it is available at your outbound or return airport.

Another option is to use one of the companies offering home testing – a kit is sent to your home, you send your sample back to the lab and results are emailed to you. Be sure to carefully calculate the days required for each step so you have your results timed for your departure and entry requirements.

Three FDA approved home test options are:

- [Vault Health \(saliva test\)](#)
- [Let’s Get Checked](#)
- [Pixel by LabCorp](#)

If you test negative for COVID-19, you probably were not infected at the time your sample was collected.<sup>11</sup> This does not mean you will not get sick:

- A negative test result only means that you did not have COVID-19 at the time of testing or that your sample was collected too early in your infection.
- You could also be exposed to COVID-19 after the test and then get infected and spread the virus to others.
- If you have symptoms later, you may need another test to determine if you are infected with the virus that causes COVID-19.

10 <https://my.castlighthealth.com/corona-virus-testing-sites/>

11 <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-air-travel.html>



# MASKS GUIDELINES AND REVIEWS

Early in the pandemic some people had difficulties finding masks. Now, the choices are almost limitless, and many different types of masks are available through many different sellers.

Not all masks provide the same level of protection. [This New York Times article](#)<sup>12</sup> covers everything you could possibly want to know when considering the right mask for your travels.

### FINDING THE RIGHT TYPE OF MASK<sup>13</sup>

- The ideal face mask for coronavirus protection blocks large droplets (from coughs or sneezes) along with [smaller airborne particles](#) that are produced when people talk or exhale.
- In general, masks should have more than one layer and be made of tightly woven fabrics.
- Your mask should be sealed around the nose and mouth, since any gaps, holes, or vents could allow droplets to leak out and potentially infect another person.
- Mesh or vented masks are not allowed by the airlines requiring that masks be worn on-board.

**A simple trick can reveal whether your face mask offers sufficient protection. Try blowing out a candle while wearing it. A good mask should prevent you from extinguishing the flame. The rule isn't foolproof, but it should help weed out masks that aren't very protective.**

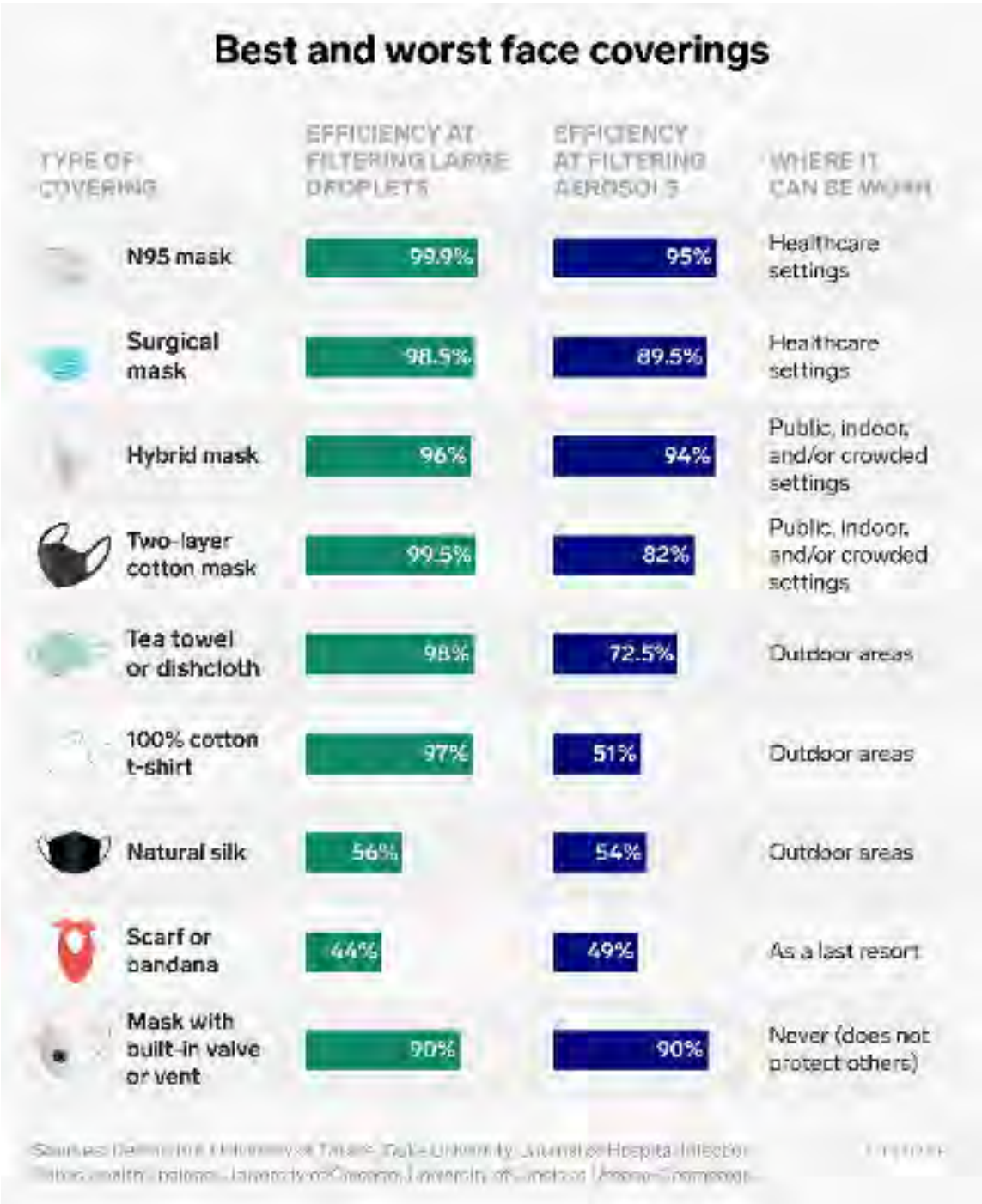
Based on several studies evaluating masks' protection levels, [Business Insider has ranked the most common types](#) from best (an N95 mask) to worst (masks with a built-in valve or vent).



*“Face masks are the most important, powerful public health tool we have. And I will continue to appeal to all individuals in our country, to embrace these face coverings.*

*We have clear, scientific evidence they work, and they are our best defense.”*

**Dr. Robert Redfield, Director of the Centers for Disease Control**



Once you’ve purchased the best mask for your particular situation, you need to wear it correctly to make sure you are getting its full protection. [Watch this video from the WHO](#)<sup>14</sup> on wearing masks correctly. Finally, you need to wash reusable masks properly. Follow these [CDC Guidelines on Washing Masks](#)<sup>15</sup>

12

<https://www.nytimes.com/wirecutter/reviews/best-cloth-face-masks/>

13

<https://www.businessinsider.com/best-masks-for-coronavirus-chart-2020-9>

14

[https://www.youtube.com/watch?v=9Tv2BVN\\_WTk&feature=youtu.be](https://www.youtube.com/watch?v=9Tv2BVN_WTk&feature=youtu.be)

15

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>



# REGISTER WITH FEDERAL GOVERNMENT IF TRAVELING INTERNATIONALLY

This allows your home government to easily reach you should you need to be evacuated from the country you are visiting and to receive alerts about any major COVID-19 outbreak, natural disaster or civil unrest threats to your safety.

- [U.S. State Department Smart Traveler Enrollment Program \(STEP\)](#)
- [Canadian Registry of Citizens Abroad](#)



# PACKING TIPS

In addition to the usual list of items to bring on your trip with you, there are some additional items below that we recommend you bring with you in the COVID-19 era.

## SAFETY EQUIPMENT

- Reusable Masks
- Mask Filters (if your mask has a slot for them)
- Disposable Face Masks
- Hand Sanitizer in both Large Size and Pocket Size
- Disinfectant Wipes
- Safety Goggles
- Face Shield (optional)
- Disposable Gloves (optional)

## MEDICAL NEEDS

- Bring any medicines you may need on your vacation and pack at least 15 to 30 days' worth of extra medicine, just in case.
- Check with your [destination's embassy](#) before you travel to make sure that your prescription and over-the-counter medicines are legal at your destination. Find more information about [traveling with prescription medicines](#). Keep in mind that medicines sold in other countries may be counterfeit.
- Carry a card that identifies, in the local language, your blood type, any chronic illnesses you have, any medicines you are taking, and any allergies you have.
- Carry with you contact information for your physician, pharmacy and of course your travel advisor.
- Wear a MedicAlert bracelet if you have serious medical conditions.







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# TRAVELING RESPONSIBLY DURING COVID-19<sup>16</sup>

- 1. Do your research ahead of time.** Is COVID-19 spreading in your community? Is it spreading in the community/communities you'll be visiting? If the answer is yes, now might not be the best time to go. If the answer to those questions is no, if ever there was a time to overplan, this is it.
- 2. Protect the public.** When you go, practice social-distancing measures and wear masks around strangers, indoors in public places, and outdoors in crowds or where social distancing isn't possible.
- 3. Get tested.** Depending on the type of trip you're taking and if you'll come into close contact with other people outside your bubble, consider getting a COVID-19 test before you go and when you return home.
- 4. Support local businesses every step of the way.** (Note: Many prefer payment with credit or debit cards right now, to avoid handling cash.)
- 5. Be patient and tip well.** Have respect and empathy for hospitality professionals trying to offer you a memorable experience in these difficult times. You owe it to them to do your best to keep them safe. For example, if a restaurant server is taking care of you while you are eating and unmasked, make sure you don't talk directly at the server. (It's awkward, we know, but err on the side of caution as much as possible.)
- 6. Follow the rules of the communities you visit.** Check for any local or regional updates while you're on the trip and once you return home: Tourism boards and municipalities are constantly updating their information online.
- 7. Ask your travel advisor how travel restrictions may impact you.** Many countries, states and cities have rules about who can travel freely and who needs to quarantine upon arrival.
  - Some states, provinces and localities are also requiring quarantine upon return so you need to know those rules also.
  - Work with your travel advisor to re-check travel restrictions right before traveling. Restrictions change frequently, so you may have to make alternate plans last-minute.

16 <https://www.afar.com/magazine/how-to-travel-safely-and-responsibly-during-the-covid-19-pandemic>

# BRING IN YOUR CARRY-ON

Below are recommendations for protecting yourself and your traveling companions during your day of travel to your destination.

## FOOD AND REUSABLE WATER BOTTLE

Most airlines have limited food and beverage service on flights to avoid unnecessary interactions. And although there are still some grab-and-go retailers and restaurants providing take-out, it's better to skip them and instead pack your carry on with food and snacks from home. Similarly, bring an empty reusable water bottle that you can refill at one of the refill stations. The added perk? You'll be saving money on pricey airport food. Read SmarterTravel's guide<sup>17</sup> on [How to Pack Food and Drink for a Flight](https://www.smartertravel.com/how-to-pack-food-for-air-travel/) for great tips.

## HAND SANITIZER AND WIPES

Bring your own hand sanitizer and use it regularly. The TSA relaxed its liquid rule for hand sanitizers and allows travelers to bring a hand sanitizer container as big as 12 ounces instead of the usual 3.4-ounce limit in their carry-on bag.

17 <https://www.smartertravel.com/how-to-pack-food-for-air-travel/>







# GETTING TO AND FROM THE AIRPORT

## RIDESHARE, TAXI, OR LIMO

### AVOID TOUCHING SURFACES

- Avoid contact with surfaces frequently touched by passengers or drivers, such as the door frame and handles, windows, and other vehicle parts. In circumstances where such contact is unavoidable, use a hand sanitizer containing at least 60% alcohol as soon as possible afterwards.
- Avoid accepting offers of free water bottles and avoid touching magazines or other items that may be provided for free to passengers.
- Use touchless payment when available.
- Practice social distancing.
- Wear a mask during the entire ride and any interaction with the driver.
- Limit the number of passengers in the vehicle to only those necessary.
- Avoid pooled rides or rides where multiple passengers are picked up who are not in the same household.
- Sit in the back seat in larger vehicles such as vans and buses so you can remain at least six feet away from the driver.

### IMPROVE VENTILATION

- Ask the driver to improve the ventilation in the vehicle if possible — for example, by opening the windows or setting the air ventilation/air conditioning on non-recirculation mode.

### PRACTICE HAND HYGIENE

- After leaving the vehicle, use hand sanitizer containing at least 60% alcohol.
- When you arrive at the airport, wash your hands with soap and water for at least 20 seconds.

## PUBLIC TRANSIT

### STAY UP-TO-DATE

- Check with local transit authorities for the latest information on changes to services and procedures, especially if you might need additional assistance.

### AVOID TOUCHING SURFACES

- Limit touching frequently touched surfaces such as kiosks, digital interfaces such as touchscreens and fingerprint scanners, ticket machines, turnstiles, handrails, restroom surfaces, elevator buttons, and benches as much as possible.
- If you must touch these surfaces, as soon as you can, wash your hands for 20 seconds with soap and water or rub your hands with sanitizer containing 60% alcohol.
- Use touchless payment and no-touch trash cans and doors when available. Exchange cash or credit cards by placing them in a receipt tray or on the counter rather than by hand, if possible.

### PRACTICE SOCIAL DISTANCING

- Wear a mask at all times while in stations and onboard public transit.
- When possible, consider traveling during non-peak hours when there are likely to be fewer people.
- Follow social distancing guidelines by staying at least 6 feet from people who are not from your household. For example:
  - Avoid gathering in groups, and stay out of crowded spaces when possible, especially at transit stations and stops.
  - Consider skipping a row of seats between yourself and other riders if possible.
  - Enter and exit buses through rear entry doors if possible.
  - Look for social distancing instructions or physical guides offered by transit authorities (for example, floor decals or signs indicating where to stand or sit to remain at least 6 feet apart from others).

### PRACTICE HAND HYGIENE

- After you leave the transit station or stop, use hand sanitizer containing at least 60% alcohol.
- When you arrive at the airport, wash your hands with soap and water for at least 20 seconds.





AT THE AIRPORT<sup>18</sup>

USE TOUCHLESS CHECK-IN OPTIONS

Use your smartphone to check in to your flight on your airline’s mobile app in advance, and save your boarding pass straight to your phone. You can also check in via the airline’s website and print your boarding pass at home. Either way, you’ll be able to avoid waiting in line to use the check-in kiosks at the airport.

If you have bags to check, consider using the skycap outside to avoid lines (if they’re open at your airport), but don’t forget to tip a couple of dollars per bag.

To further decrease touch points as you check in and get through security for your flight, consider bringing a zip-lock bag to put your ID in until you have a chance to disinfect it after it’s been handled by airport or TSA personnel.

DITCH THE BINS AT TSA CHECKPOINTS

The Transportation Security Administration recommends travelers put personal items such as cellphones, keys, lip balm and tissues in their carry-on bags instead of in a bin to avoid cross-contamination.

The TSA has implemented procedures to increase social distancing and reduce direct contact between travelers and agents as illustrated on the next page.

18 <https://www.usatoday.com/in-depth/travel/airline-news/2020/06/29/safe-fly-now-how-stay-safe-flights-amid-covid-19/3243308001/>

TSA: What to Know Before You Go<sup>19</sup>

### Face Coverings and Social Distancing

Practice social distancing.

6 feet

Travelers should wear face coverings. Travelers who require an accommodation due to a disability or medical condition should alert the TSA officer.

Checkpoint floors have visual reminders of appropriate spacing.

Travelers may have to adjust their masks for ID verification or remove for secondary screening.

TSA officers are required to wear face coverings and gloves.

Phased installation of plastic shielding at points of interaction between passengers and TSA officers. (e.g., checkpoint, checked baggage drop-off, etc.)

### Reduced Physical Contact

Travelers keep possession of their IDs and boarding passes, place on the reader, and hold up for visual inspection.

Remove belts and all items from pockets and put them in carry-ons instead of bins.\*

Remove food items from carry-on bags and place in bin for screening.\*

Travelers may be directed outside of the checkpoint to remove or repack items (e.g., laptops, liquids, gels, aerosols and large electronics).

\*Does not apply to TSA PreCheck™ members.

### Cleaning and Disinfecting

TSA is allowing one liquid hand sanitizer container, up to 12 ounces per passenger, in carry-on bags.

TSA officers will change their gloves with each pat-down and upon passenger request.

New Explosives Trace Detection swab used for each person.

Increased cleaning and disinfecting of frequently touched surfaces and security screening equipment, including bins.



Stay Healthy. Stay Secure.  
[tsa.gov/coronavirus](https://tsa.gov/coronavirus)

WAIT FOR YOUR FLIGHT AT AN EMPTY GATE

If you arrive in the concourse with time before boarding starts, scout out a nearby empty gate and wait there until close to the start of boarding time. Some airlines’ smart phone apps notify you when boarding is starting so you can make your way to your departure gate then.

KEEP DISTANCE WHILE BOARDING

Most airlines have changed their boarding procedures to minimize the number of passengers who pass by others who are already seated. Boarding is now typically from the back of the plane, five rows at a time. Do not crowd into the door to the jetway until your row is called and maintain 6 feet of distance from those not in your party while in the jetway and in the aisle as you reach your seat.

19 <https://www.tsa.gov/sites/default/files/infographic-062920.pdf>

PLEASE REMEMBER TO

- Wear a mask in public
- Maintain social distance
- Wash your hands frequently
- Stay inside if you feel sick



# ONBOARD YOUR FLIGHT

FACE MASKS ARE REQUIRED

Bring a face mask or face covering and wear it at the airport and on the plane. All major U.S. airlines require passengers to wear them. Some airlines, including American, Delta and United will ban passengers who refuse to wear them.

You can take off your face covering for a short period while you eat or drink. But make sure to put it back on when you're done. And continue to wear it inside the airport upon arrival.

Forget a mask? Many airlines and airports hand them out to travelers, and they are for sale at airport shops and in some places, vending machines.

SANITIZE SURFACES

Wipe down your seat, tray table, armrest and other areas around you. If you have to use the bathroom on your flight, wipe down the door handle and other surfaces you may touch inside the lavatory.

WINDOW OR AISLE SEAT?

Sit by the window. Selecting the window seat reduces the number of people sitting around you, and you're farther from people who may walk by in the aisle. Furthermore, if you can stay seated the entire flight that reduces your risk.

OPEN THE AIR VENT

Most airborne viruses and other germs do not spread easily on flights because of [how airplanes circulate and filter air](#).<sup>20</sup>

Most planes have filters that remove 99.9% of particles from the air while bringing in outside air. Keep the air vents above your seat open to improve the flow of fresh air from outside.

AT BAGGAGE CLAIM

Maintain 6 feet social distance when claiming your bag. It might be prudent to wait until most other passengers have claimed their baggage before removing yours from the belt so you can avoid the crowds.



Risk of COVID-19 exposure on planes ‘virtually nonexistent’ when masked, study shows

United Airlines says the risk of COVID-19 exposure onboard its aircraft is “virtually non-existent” after [a study conducted with the Department of Defense](#) finds that when masks are worn there is only a 0.003% chance particles from one passenger enter the breathing space of another passenger sitting beside them.

20 <https://www.usatoday.com/story/travel/columnist/cox/2020/05/07/coronavirus-jets-hepa-filters-capable-removing-particulates/5175787002/>  
21 <https://abcnews.go.com/Politics/risk-covid-19-exposure-planes-virtually-nonexistent-masked/story?id=73616599>

# RENTING A CAR

If you choose to rent a car at your destination, follow these health and safety tips.

ENHANCED PROTOCOLS AND PROCEDURES

Most major rental car companies have rigorous cleaning and disinfecting protocols in place. They instruct their employees to wash, vacuum, wipe down, and sanitize vehicles after each rental with a disinfectant that meets the requirements of leading health authorities. They clean many high-touch areas such as key fob, steering wheel, handles and knobs.

Curbside rentals also help reduce the spread of the virus, renters don't even have to set foot inside the rental facility.

PRECAUTIONS WHEN RENTING A CAR

- Use advance check-in online or via the rental company's smartphone app to speed the process and reduce, or eliminate, the need for person-to-person touchpoints.
- Wear a mask and respect social distancing when you pick up your car.
- Remember to take disinfectant wipes with you. Wipe down the exterior touchpoints of the vehicle, including door handles, side mirrors, the gas cap, and the latch on the trunk. When you get in, wipe down the steering wheel, gear shift, knobs, entertainment system, dashboard controls, door handles, and other high-touch areas with your own disinfectant.
- Drive with the window(s) down and air vents open. This helps to keep fresh air circulating and displaces any potentially infectious airborne particles.
- If you're traveling with someone outside your household wear a mask while in the vehicle.
- We are happy to reserve your car with one of our partner rental car companies so you can feel more secure in knowing that disinfecting protocols are enforced.



# CHECKING IN AND STAYING AT YOUR HOTEL OR RESORT<sup>22</sup>

Hotels and resorts are changing their procedures to limit the risk of COVID-19 exposure. This includes decreased occupancy, frequent disinfecting, digital keys, 24-hour vacancy between guest departures, digital check-in and more. Your travel advisor will work with you to find the property that combines risk reduction procedures with the perfect location, price and amenities.

- Use options for online check-in, mobile room key, and contactless payment.
- Have your travel advisor verify the property's policies for requiring that all staff wear masks at work.
- Look for any extra prevention practices being implemented by the hotel, such as plexiglass barriers at check-in counters, and physical distancing signs in the lobby.
- Find out about updated policies on cleaning and disinfecting or removing frequently touched surfaces and items (such as pens, room keys, tables, phones, doorknobs, light switches, elevator buttons, water fountains, ATMs/card payment stations, business center computers and printers, ice/vending machines, and remote controls).
- Request contactless delivery for any room service order.
- If you decide to perform additional cleaning of your room, see CDC's guidance on [how to clean and disinfect](#).
- Consider requesting housekeeping service less frequently than every day to minimize the number of different people inside your room.
- Wear a mask in the lobby and other common areas.
- Minimize use of areas that may lead to close contact (within 6 feet) with other people as much as possible, like inside lounging areas, indoor bars or restaurants, game rooms and the like. If you use saunas, spas, or salons verify that they have strict limits on occupancy and enforce both wearing of masks and social distancing. Later in this document are tips for using the beach, pools and fitness center.
- Consider taking the stairs. Otherwise wait to use the elevator until you can either ride alone or only with people from your household if at all possible. Many hotels have implemented capacity limits for elevators.

<sup>22</sup> <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#hotel>





# BEST PRACTICES FOR BEACHES & POOLS<sup>23</sup>

There is no evidence that COVID-19 can be spread to people through water in pools, water playgrounds, hot tubs, lakes, the ocean or the like.

The virus is thought to spread mostly person-to-person, by respiratory droplets released when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The virus might also spread to hands from a contaminated surface and then to the nose, mouth, or eyes. Infected people can spread the virus whether or not they have symptoms.



Fortunately, there are several actions you can take to reduce your risk of getting or spreading the virus when you go to public swim areas, such as beaches, pools, water playgrounds, and hot tubs.

### BEFORE YOU GO

- Do not go to a public swim area if you have symptoms of COVID-19, have been diagnosed with COVID-19, are waiting for COVID-19 test results, or were recently exposed to someone with COVID-19.
- Check to see if the public swim area, pool, water playground, or hot tub has steps in place to prevent the spread of the virus.
- Bring supplies that help you and others stay healthy—for example, a mask (or two, for each person, in case one gets wet), hand sanitizer with at least 60% alcohol, disinfectant wipes, tissues, and paper towels.

### USE SOCIAL DISTANCING IN AND OUT OF THE WATER

- Whether you’re in or out of the water, stay at least 6 feet away from people you don’t live with.
- Avoid crowded swim areas, beaches, pools, water playgrounds, and hot tubs where you cannot stay 6 feet away from others.

### WEAR A MASK

- Wear masks when you are not in the water.
- Do not place a mask on children younger than 2 years of age or on anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without help.
- Masks are especially important when physical distancing is hard.

### WASH HANDS OFTEN AND AVOID SHARING ITEMS

- Wash your hands with soap and water for at least 20 seconds, especially before eating or drinking and when you arrive and leave the swim area. If soap and water are not available, use hand sanitizer with at least 60% alcohol and rub until your hands are dry.
- Hand sanitizers are not as effective when hands are visibly dirty or greasy, so wipe sand or dirt off before applying it.
- Avoid sharing items, such as food, equipment, toys, and supplies, with people who don’t live with you.
- If you are not wearing your mask, make sure to cover coughs and sneezes with a tissue or inside of your elbow, throw the tissue in the trash, and wash your hands immediately, or if soap and water are not available, use hand sanitizer.

23 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/beaches-pools.html>



# BEST PRACTICES FOR RESTAURANTS<sup>24</sup>

**DINING AT A RESTAURANT**

- Try to patronize restaurants that take reservations to minimize the time spent waiting near others in line.
- Check the restaurant’s website and social media to see if they have updated their information to address any COVID-19 safety guidelines.
- Call ahead to find out if all staff are wearing masks while at work.
- Ask about options for self-parking to remove the need for valet service.

**TAKE STEPS TO PROTECT YOURSELF AT THE RESTAURANT**

- Maintain a social distance of 6 feet or more in any entryway, hallway, or waiting area.
- When possible, sit outside at tables spaced at least 6 feet apart from other people.
- Wear a mask as much as possible when not eating and maintain a proper social distance if you are dining with others who don’t live with you.
- Wear a mask when interacting with host, wait-staff, bus staff, bartender and other employees.
- When possible, choose food and drink options that are not self-serve to limit the use of shared serving utensils, handles, buttons, or touchscreens.

**CLEAN HANDS**

- Wash your hands for at least 20 seconds when entering and exiting the restaurant. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Before using the restroom, make sure there is adequate soap and paper towels or hand sanitizer containing at least 60% alcohol.



24 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#event>



# PATRONIZING BARS AND CLUBS<sup>25</sup>

Bars and clubs present some unique challenges for those wanting to avoid venues where COVID-19 can spread more easily.

“It’s really hard to wear a mask in a bar. It’s hard to stay six feet apart. It’s hard to constantly wash your hands and not touch surfaces other people have touched,” says Dr. Thomas Tsai,<sup>26</sup> a professor at Harvard University’s T. H. Chan School of Public Health.

These settings, he explains, tend to lead to a breakdown of the very behaviors that help prevent new infections. It’s a dangerous mix: socializing in large groups, sometimes in tight spaces, and drinking, which lowers inhibitions and makes it less likely people stick to wearing masks and keeping their distance. Plus party-goers and crowds in bars and clubs end up talking loudly to be heard above the noise, which only increases the chance of spraying virus-laden particles on others, especially indoors.

While there are no guarantees, public health experts say there are some general principles and specific precautions that can guide any group gathering. Think of each measure as one more layer of protection that can minimize your risk of catching the virus.



## AN OUTDOOR PATIO AT A BAR IS BETTER THAN A CROWDED INDOOR GATHERING

“Outside activities are definitely safer than inside activities,” says Dr. Nate Smith, president of the Association of State and Territorial Health Officials. “There are a lot of things that can be done outdoors safely.”

Research shows the chance of catching the virus goes down significantly when you’re outdoors.

“You get better dilution with air movement in the outdoors. Sunlight is a good inactivator of the virus,” says Scott Meschke, a professor of Environmental and Occupational Health Sciences at the University of Washington.

“But, if people are outdoors and congregating together, without masks right next to each other, shoulder to shoulder, then they are still at risk,” says Dr. Rachel Levine, Pennsylvania’s health secretary.

## MONITOR YOUR PERSONAL AIR SPACE

Speaking generates a cloud of tiny particles that can reach another person if you are near each other, especially if someone isn’t wearing a mask.

Scientists don’t yet understand what “dose” of the virus leads to someone becoming infected and then developing COVID-19. That depends on a variety of factors like the amount of time you spend in a space with the virus, the concentration of infectious virus in the air and how heavily you are breathing, among other things.

## INDOORS? PAY ATTENTION TO VENTILATION

The close quarters of a bar, or private indoor gatherings, pose a higher risk because it’s generally harder to avoid close interactions, and typically there isn’t as much air flow.

Spaces without good ventilation can have tiny, aerosolized particles hanging in the room’s air and possibly infecting people.

The best approach is to make the indoor environment more like the outdoor environment where we know the transmission is much lower.

That means keeping the room well ventilated and regularly refilled with an outdoor supply of air. Ask management to

open the windows and turn on fans. Avoid places that are poorly ventilated where the air seems stagnant.

And, of course, always wear your mask.

## HOW DO YOU WEAR A MASK WHILE DRINKING?

It’s difficult to wear a mask while you’re drinking and eating.

“Of course, you’ll have to pull your mask down,” says Dr. Rachel Levine.

Levine says do your best to leave room around yourself while you’re consuming your beverages. Then mask up again as soon as you can.

## AVOID NOISY VENUES

Even outdoors, try to avoid situations where people are shouting. Shouting or even talking loudly at close range can lead to more droplets being expelled. And no sing-alongs or karaoke. Singing can be a particularly potent way of spreading small droplets that contain the virus.

If you’re at a bar or club where the noise levels are rising and you start to notice people shouting, it’s probably time to call it a night.

## HAVE PLENTY OF ALCOHOL – THE KIND FOR YOUR HANDS

If you’re going out, put a mini-bottle in your pocket or purse and use it often, whenever you touch shared surfaces, and especially after using the bathroom.

## BATHROOMS BEWARE

Be particularly careful of public bathrooms.

First, people tend to crowd outside while waiting for their turn — keep your distance. Once inside, take caution not to touch lots of surfaces, which would have been contaminated. Always wash hands carefully when you’re finished. If you can, don’t hang out too long in the bathroom. Flushing a toilet can release lingering clouds of coronavirus particles into the air. It’s unclear whether you can actually get infected this way. Wear a mask, just to be safe.

25 <https://www.npr.org/sections/health-shots/2020/07/03/886933158/planning-to-celebrate-the-4th-what-to-know-about-the-risks-of-parties-and-bars>

26 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#event>

# BEST PRACTICES FOR GYMS & FITNESS CENTERS<sup>27</sup>

**PREPARE BEFORE YOU GO**

- Use options for online reservations and check-in systems when available.
- Look for any extra prevention practices being implemented by the facility, such as new plexiglass barriers, staff wearing masks, and closing of shared locker room space.
- Be prepared that locker room access may be limited to the restroom area only, prohibiting the use of shower and changing areas.

**LIMIT ACTIVITY INDOORS, ESPECIALLY GROUP ACTIVITIES**

- Seek facilities with outdoor space or options for virtual classes and training sessions as much as possible.
- Limit attendance at indoor group training sessions. If you do attend such a session, maintain as much distance as possible between yourself and other individuals, and use masks if they do not interfere with your activity. If you need to be indoors, open windows to increase airflow throughout the space.

**USE SOCIAL DISTANCING AND LIMIT PHYSICAL CONTACT**

- Maintain at least 6 feet of separation as much as possible in areas that may lead to close contact (within 6 feet) among other people, such as weight rooms, group fitness studios, pools and saunas, courts and fields, walking/running tracks, locker rooms, check-in areas, parking lots, and routes of entry and exit.
- Don't shake hands, give high-fives, do elbow bumps, or touch others because close contact increases the risk of acquiring COVID-19.

**TAKE EXTRA PRECAUTIONS WITH SHARED EQUIPMENT**

- Ensure equipment is clean and disinfected. Wipe down machines and equipment with disinfecting wipes and use hand sanitizer that contains at least 60% alcohol before using machines.
- Do not share items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands and weightlifting belts.

**WEAR A MASK**

- Wear a mask when interacting with other people to minimize the risk of transmitting the virus.
- Wearing masks is most important when physical distancing is difficult and when exercise type and intensity allows. Consider doing any vigorous-intensity exercise outside when possible and stay at least 6 feet away from others if you are unable to wear a mask.
- If possible, wear a mask when walking on an indoor track or when doing stretching or low-intensity forms of yoga indoors.
- Wash your hands before adjusting your mask—review information about proper use, removal, and washing of masks.

# VISITING PARKS AND ATTRACTIONS<sup>28</sup>

Parks, trails, and open spaces can provide opportunities for physical activity while also providing opportunities for a break, health, and wellness. People are encouraged to use parks, trails, and open spaces safely while following current guidance to prevent the spread of COVID-19.

**REDUCING THE RISK OF SPREADING THE VIRUS THAT CAUSES COVID-19**

- The risk of the virus that causes COVID-19 spreading at parks, trails, attractions and open spaces is ranked as follows, from lowest to highest:

**LOWEST RISK**

- Parks and trails that allow for social distancing of at least 6 feet between individuals or household groups.
- Staff and visitors stay at least 6 feet away from people they don't live with.
- Tourist attractions are open only without overcrowding and allow for social distancing of at least 6 feet between individuals or household groups.
- All staff and visitors wear masks, especially when other social distancing measures are difficult to maintain.
- Park staff clean and disinfect frequently touched surfaces and shared objects between each use.

**MODERATE RISK**

- Parks and trails are open with partial modifications to allow for social distancing of at least 6 feet between individuals or household groups in some areas.
- Tourist attractions are open with partial modifications and messaging to avoid overcrowding and to allow for social distancing of at least 6 feet between individuals or household groups.

- Some staff and/or visitors wear masks.
- Park staff clean and disinfect frequently touched surfaces and shared objects more than once per day, but less frequently than between each use.

**HIGHEST RISK**

- Parks and trails are open at full capacity with no modifications to allow for social distancing of at least 6 feet between individuals or household groups.
- Staff and visitors from different areas with varying levels of community transmission are less than 6 feet away.
- Tourist attractions are open at full capacity with no modifications or messaging to avoid overcrowding or allow for social distancing.
- No masks are worn.
- Park staff clean and disinfect frequently touched surfaces and shared objects once per day.

27 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gyms>

28 <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/park-administrators.html>



# VISITING MUSEUMS AND ATTENDING LIVE PERFORMANCES

As with other activities during your vacation, it is best to avoid crowds, keep social distance from others and try to moderate your time in indoor settings with individuals beyond your own party. Many museums and live performance spaces are accommodating COVID-19 mitigation strategies so you should look to those with well delineated and enforced safety protocols.

**PREPARE BEFORE YOU GO**

- Call or review the organization’s website to determine if occupancy limits, timed entry and social distancing is enforced among attendees. Make sure that the wearing of masks for both visitors and employees is required in indoor spaces.
- Find out what the least crowded days and times are and organize your visit around those times.
- Use options for online reservations and check-in systems when available.
- Determine if popular special exhibits require advance ticketing and are capacity limited.
- Many museums and concert venues have closed their coat rooms so only bring what’s necessary with you.
- Similarly, many institutions have closed their cafes. If so, bring water and snacks if you plan to spend an extended time in attendance.
- Bring hand plenty of hand sanitizer with you.

**OUTDOORS IS ALWAYS BEST**

Look for museums with outdoor sculpture gardens, art fairs and temporary exhibits being held outdoors. Likewise, in good weather locations it’s best to attend a concert or play being held at outdoor amphitheaters.

**USE SOCIAL DISTANCING & PROPER HYGIENE INDOORS**

- Wash your hands or use hand sanitizer upon entering
- Maintain at least 6 feet of separation as much as possible in areas that may lead to close contact among other people, such as around famous paintings, at entrances, café counters and in line for the bathroom.
- Follow any one-way and social distance markings .
- Use the stairs instead of the elevator if you can.
- Minimize the time you spend in smaller rooms and galleries at museums.
- Wash your hands or use hand sanitizer after touching any interactive displays or kiosks.

**INDOOR PLAYS & CONCERTS**

Carefully consider going to an indoor play or concert since they are generally attended by a crowd of people, all at the same time, in a difficult to socially distance space. Concerts present additional risks because singing is a particularly potent way to spread droplets that can contain the virus. Furthermore, in loud concerts the attendees must shout a close distance to each other, which also helps spread the virus.





# TRAVELING ON A GUIDED TOUR

We have many clients who prefer to travel “independently” and many others who like the convenience and value of traveling on a guided or escorted tour for their entire vacation.



TOP BENEFITS OF CHOOSING A GUIDED TOUR INCLUDE:

- **Logistics Handled for You:** Every detail of your trip is pre-arranged for you – hotel reservations, restaurants, transportation to/from the airport and while sightseeing ... even delivery your luggage directly from the motorcoach to your room.
- **Comfort:** Sometimes travelers visiting a new country feel uneasy with the language, cultural norms or unfamiliar food. Tour directors have experience with all of these and know how to make everyone feel comfortable and safe in every environment.
- **Insider Knowledge & Access:** Experienced tour directors have deep knowledge of destinations and can uncover hidden gems you’d never find on your own. Plus, tour companies can often visit the most popular sights off hours or with behind the scenes access.
- **Budgeting:** Since virtually everything is covered in the tour package price, not only is it easier to stick to your vacation budget, frequently the package price is lower than purchasing the components individually.

COVID RELATED INITIATIVES

Escorted tour operators work with a wide range of travel providers – hotels, restaurants, transportation, attractions and more. Given their long-term relationships with these providers and the clientele they bring them, tour operators are in a unique position to specify and verify that all the appropriate health and safety precautions are being followed.

SPECIAL COVID RELATED INITIATIVES THAT OUR GUIDED TOUR PARTNERS ARE TAKING INCLUDE:

- Pre-Departure Health Declaration Required of Travelers
- Intensive Safety Education of Tour Directors and Drivers
- Provision of Masks, Wipes, Sanitizer, Gloves and other Protective Equipment for both Travelers and Employees
- Smaller Sized Groups
- Private Group Options
- More Outdoor Dining
- Whisper Headsets to Reduce Loud Tour Commentary
- Sanitization of High Touch Surfaces
- Social Distancing on Motorcoaches/Other Vehicles Enforced
- Assigned Seating in Motorcoach
- Visitation of Attractions Off Hours
- Where Possible Room Assignments on Lower Floors to Limit Elevator Use
- English Speaking Medical Care Identified in Each Locale

Finally, should a health related issue arise, tour operators have detailed protocols in place to follow.



# ATTENDING AN EVENT OR GATHERING<sup>29</sup>

**PREPARE BEFORE YOU GO**

- Stay in your room if you have been diagnosed with COVID-19 (symptoms of COVID-19), if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.
- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines and if they have steps in place to prevent the spread of the virus.
- Prioritize attending outdoor activities over indoor activities.
- Bring your mask, hand sanitizer with at least 60% alcohol, and drinking water.

**USE SOCIAL DISTANCING AND LIMIT PHYSICAL CONTACT**

- Maintain a distance of at least 6 feet or more from people who don't live in your household. Be particularly mindful in areas where it may harder to keep this distance, such as check-in areas, parking lots, and routes of entry and exit.
- Select seating or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking.
- Arrive to the event early or at off-peak times to avoid crowding and congested areas.
- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or

immediately at the end of the event.

**WEAR MASKS**

- Wear a mask when interacting with other people to minimize the risk of transmitting the virus.
- Wearing masks is most important when social distancing is difficult.
- Masks are strongly encouraged in settings where individuals might raise their voices, such as shouting, chanting, or singing.

**LIMIT CONTACT WITH COMMONLY TOUCHED SURFACES OR SHARED ITEMS**

- Use touchless garbage cans or pails and cashless payment options when possible. Otherwise, exchange cash or card by placing payment in a receipt tray, if available, or on the counter.
- Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
- Use disposable food service items including utensils and dishes, if available.
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets.



29 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>





# HEALTH RESOURCES WHILE ON YOUR TRIP<sup>30</sup>

The level and availability of medical care around the world varies from country to country and even within countries. Before going abroad, travelers should consider how they will access health care during their trip should a medical problem or emergency arise. Those likely to need health care should research and identify potential health care providers and facilities at their destination. Dialysis patients, for example, need to arrange appointments in advance at a site with appropriate equipment. Pregnant travelers should know the names and locations of reliable obstetrical medical centers. More choices are generally available in urban areas than in rural or remote areas.

Travelers, particularly those with preexisting or complicated medical issues, should know the names of their condition(s), any allergies, their blood type, and current medications (including generic names), ideally in the local language. **They should carry copies of prescriptions, including for glasses and contact lenses, and wear medical identification jewelry (such as a MedicAlert bracelet), as appropriate.**

Any number of mobile applications enable travelers to download their medical records, medications, electrocardiogram, and other information so that they are accessible when needed. Examples include Health for [Apple IOS](#) and [Health App for Android](#) operating systems.

The following list of resources can help international travelers identify health care providers and facilities around the world. Both your medical insurance provider and the front desk at your accommodations are likely a good resource for local, qualified health care providers.

- The nearest [U.S. embassy](#) or consulate can help travelers locate medical services and notify friends, family, or employer of an emergency. They are available for emergencies 24 hours a day, 7 days a week, overseas and in Washington, DC (888-407-4747 or 202-501-4444).
- The nearest Canadian embassy or consulate can be found [here](#).
- The International Association for Medical Assistance to Travelers maintains a network of physicians, hospitals, and clinics that have agreed to provide care to members. Membership is free, although you must make a minimum donation of \$5 USD to access the directory of English speaking medical professionals located in 360 cities worldwide. Search for clinics at [www.iamat.org/medical-directory](http://www.iamat.org/medical-directory).

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<https://wwwnc.cdc.gov/travel/page/getting-health-care-abroad>





# WHAT TO DO WHEN RETURNING HOME<sup>31</sup>

The U.S. Centers for Disease Control and Prevention (CDC) in August 2020 removed its recommendations for travelers to complete a self-imposed 14-day quarantine period after traveling out of state or the country.

While it no longer recommends that every traveler isolate themselves for two weeks after returning from a trip, it advises following the local recommendations of your state/province or city upon return.

- The CDC still points out that you may become exposed to COVID-19 during your travels and that if you were indeed exposed at any point, there is a chance you could spread the disease to those in your family, your friends and the community at large upon your return.
- If symptoms do occur, travelers are advised to seek medical care and inform healthcare providers of their symptoms and their travel history.
- While the previous CDC recommendations were just that — recommended protocols for anyone choosing to travel — some states and provinces have put [travel restrictions in place](#) for residents and have set up more systems for monitoring and enforcing the mandatory quarantines.
- In some states, provinces or localities those who violate these requirements are subject to serious sanctions or penalties, such as being charged with a misdemeanor or fines.
- Before you decide to travel anywhere, work with your travel advisor to not only understand the risks but also the restrictions and requirements, both in your destination and in your home jurisdiction.

31 <https://www.usatoday.com/story/travel/news/2020/08/23/cdc-removes-14-day-covid-quarantine-recommendation-travelers/3424484001/>

## PLEASE REMEMBER TO

- |  |                              |
|--|------------------------------|
|  | Wear a mask in public        |
|  | Maintain social distance     |
|  | Wash your hands frequently   |
|  | Stay inside if you feel sick |





# GOVERNMENT & ACADEMIC RESOURCES:

[Johns Hopkins Coronavirus Resource Center: New Cases by Destination](#)

[CDC Travel Resources Center](#)

[CDC State Data Tracker: Maps, Charts & Data on Testing, Cases, Deaths](#)

[NY Times Worldwide 14 Day Trending Case Count](#)

[U.S. Department of State International Traveler Resources](#)

[Links to U.S. State Departments of Health](#)

[Government of Canada COVID-19 Resources](#)

[IATA Entry Restrictions by Country](#)

[AAA State & Province Entry Restrictions](#)

[Delta Airlines Entry Restrictions Listing](#)

[Government of Canada Travel Advisories](#)

[CDC COVID 19 Symptoms list and when to seek medical care from CDC](#)

[CDC Background on Higher Risk Individuals](#)

[WHO COVID FAQs](#)