



McLEOD COVID-19 TIPS FOR SAFE TRAVEL

Spring and Summer are times of travel for many. The COVID-19 Virus has made it essential that you and your family follow specific travel guidelines to help keep you safe from the virus.

Travel mandate: Effective February 2, 2021: Masks are required on planes, buses, trains, or other forms of public transportation within or out of the United States and U.S. transportation hubs such as airports and stations.

Stay home if you can: Travel increases your chance of spreading and getting COVID-19. Delay travel and stay home to protect yourself and others from COVID-19, even if you are vaccinated.

If you must travel:

- If eligible, get fully vaccinated for COVID-19.
- Get tested 1-3 days before you travel.
- Wear a mask in public.
- Avoid crowds and poorly ventilated areas.
- Stay 6 feet apart from anyone who did not travel with you.
- Get tested 3-5 days after your trip and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home for 10 days after travel.
- Check your destination location travel restrictions before you go.

When to wash your hands:

- Before eating or preparing food
- Before touching your face
- After using the bathroom
- After leaving a public space
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- Use soap and water to clean your hands or hand sanitizer that is at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching eyes, nose, and mouth with unwashed hands.

McLEOD COVID-19 SAFETY TIPS



Whether you are traveling or not, there are some basic safety tips you should remember related to COVID-19.

Everyday COVID-19 Safety Tips:

- Everyone 2 years and older should wear a mask in public.
- Masks should be worn in addition to staying at least 6 feet apart from people who don't live with you.
- If someone in your household is infected, people in the household should take precautions including wearing masks to avoid the spread to others.
- Wash your hands or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily while wearing your mask.
- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in the fresh air by opening windows and doors, if possible.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

When it comes to COVID-19, it is important to monitor your health daily. Be alert for any signs & symptoms of COVID-19 (fever, cough, shortness of breath, etc.).

For more information on COVID-19, please visit www.McLeodCovid.org

McLeod Health