

HEALTHY HOLIDAY & TRAVEL RECOMMENDATIONS

During a Global Pandemic

Many holiday celebrations traditionally include gatherings of family, friends, and travel. In a time of a global pandemic, these traditions will require more consideration and planning to ensure the health and safety of all involved. In this resource, we outline recommendations from a number of reputable sources to help you form the most appropriate health and safety measures for you and your loved ones.

Holiday Gathering Recommendations & Considerations



GUESTS

Consider how many people will gather and the behaviors of those guests.

- » More people = higher risk, limit the number of guests
- » Ensure the space allows for at least 6 feet between each guest
- » Be aware of any state, local, territorial, or tribal regulations in place
- » Traveling guests pose a higher risk than those living in the same area
- » Provide and encourage preventive measures such as masks, social distancing, hand washing, and non-communal foods
- » Those with an increased risk for severe illness from the virus (adults over 65 and people of any age with certain underlying medical conditions) are not recommended to gather in large groups



LOCATION

- » Gather outdoors when possible
- » If indoors, try to avoid crowded, poorly ventilated, or fully enclosed spaces
- » Increase ventilation of indoor locations by opening windows and doors



VIRUS LEVELS

- » Assess the current number and growth rate of virus cases in your community using the Centers for Disease Control's (CDC) [list of state and territorial health department websites](#).
- » Areas with higher rates and spread of the virus have an increased risk of infection, therefore it is **not** recommended to gather in large groups

Travel Recommendations & Considerations



TRAVEL RESTRICTIONS

Check the state, local, territorial, and tribal travel restrictions that may be in place and prepare to be flexible during your trip as restrictions and policies may change during travel.

- » Testing requirements
- » Stay-at-home orders
- » Quarantine upon arrival/return



VIRUS LEVELS

- » Assess the current number and growth rate of the virus in the communities that you will be traveling through, and for your final destination, using the Centers for Disease Control's (CDC) [list of state and territorial health department websites](#)
- » Areas with higher rates and spread of the virus have an increased risk of infection, therefore it is **not** recommended to travel to/from these places.



STRESS MANAGEMENT

Travel can be stressful, and elevated stress levels can make us more prone to illness. Manage stress levels during travel with the following:

- » Eat healthy meals and snacks with plenty of fruits and vegetables
- » Exercise to promote physical and mental health
- » Stay hydrated (limit alcohol)
- » Get an adequate amount of rest/sleep
- » Stay connected with family and friends with texts, calls and videos



HEALTHY TRAVEL PRACTICES

- » Wear a mask
- » Maintain a 6-foot distance when in public spaces
 - Air travel = boarding areas, waiting in line, or taking shuttles
 - Car travel = rest areas, gas stations, restaurants, stores
- » Avoid frequently touched surfaces (handles, railings, counters, gas pumps)
 - Use disinfectant wipes if available (handles, elevator buttons, gas pumps, shopping carts, etc.)
- » Wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol



WHAT TO PACK

- » Cloth face masks
- » Hand sanitizer with at least 60% alcohol
- » Disinfectant wipes
- » Gloves
- » Thermometer



If you become ill during or after a holiday gathering or travel, see your health care provider as soon as possible. Be sure to share information about where you were and who you were in close contact with.

SOURCES

Centers for Disease Control (CDC)

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/when-to-delay-travel.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html>

Mayo Clinic

- <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-safe-travel-advice/art-20486965>
- <https://www.mayoclinic.org/coronavirus-covid-19/map>