

TIP SHEET

WHAT MATTERS

Travel Guide



4Ms





Traveling during the Global COVID-19 Pandemic

Things to Know & Do Before You Travel:

Right now: avoid all nonessential travel, including cruises, because transmission of COVID-19 is widespread around the world.

The COVID-19 situation change extremely quickly — so be on the lookout for new information and updates.

If you must travel right now...

- Remember that some countries require specific vaccinations for entry. This can include vaccinations against yellow fever. Please consult with your primary health provider or a provider available through the NV COVID-19 Aging Network (CAN) about vaccinations needed for travel.
- Prepare written documents to take with you. These documents can include a summary of your health conditions, a medication list, and contact information for your primary health provider.

Things to Do While You Travel:

- Wear a face mask when you go out.
- Avoid physical contact with people who appear sick.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Wash your hands frequently with soap for at least 20 seconds at a time. Be sure to wash them after using the bathroom, before eating, and after coughing, sneezing, or blowing your nose.
- Use alcohol-based hand sanitizer on your hands if you are unable to wash them with soap and water.

Things to Consider While You Travel:

- Sitting for 4 hours or longer at a time can contribute to blood clots in the legs. If you will be sitting for long periods of time, use compression stockings and try to move your legs periodically to prevent clots.
- If you get motion sickness, think about using a motion sickness patch below the ear. This type of patch may not be recommended if you have heart disease, glaucoma, or prostate conditions.
- Stay hydrated. Every day, drink small amounts of fluids (6-oz; 180-ml) at mealtimes and 6 additional times a day, especially if it is hot outside or after you exercise. It is especially important to stay hydrated if you have heart or kidney conditions. Sports drinks have an abundance of electrolytes and can provide hydration quickly, but are not a good idea for people with diabetes.





Things to Do After You Travel:

If you travelled internationally in the last 14 days, practice social distancing for 14 days after you return:

- Stay home.
- Maintain a distance of at least 6 feet (or 2 meters) from other people.
- Avoid group gatherings and crowded places.
- If you develop a fever of 100.4°F/38°C or higher or develop a cough, contact your primary care provider or find doctor at Nevada COVID-19 Aging Network (CAN).