

COVID-19

CDC TRAVEL RECOMMENDATIONS

The COVID-19 outbreak in United States is a rapidly evolving situation. As health care leaders in the community, we must model the necessary behaviors to prevent and mitigate community spread if we are traveling. The status of the outbreak varies by location and state and local authorities are updating their guidance frequently. Consider the prevalence of COVID-19 throughout the country if you are planning travel and refrain from high prevalence areas: <https://coronavirus.jhu.edu/us-map> In addition to Texas Children's travel guidelines, please check with the [CDC Travel Recommendations](#) online as well as with the [state or local authorities](#) where you are, along your route, and at your planned destination to learn about local circumstances and any restrictions that may be in place.

THE CDC RECOMMENDS YOU STAY HOME AS MUCH AS POSSIBLE, ESPECIALLY IF YOUR TRIP IS NOT ESSENTIAL, WEAR A CLOTH FACE COVERING IN PUBLIC AND PRACTICE SOCIAL DISTANCING.
PLEASE DO NOT TRAVEL IF YOU ARE SICK OR PLAN TO TRAVEL WITH SOMEONE WHO IS SICK.

TRAVEL GUIDANCE

If you must travel, please consider the following, and review these additional [Domestic Travel FAQs from the CDC](#).

Air travel: Spending time in security lines and airport terminals can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19. Major U.S. airlines are now requiring passengers to wear face masks or some other suitable nose-and-mouth covering on all flights; please check with your airline carrier for specific policy details.

Road travel: Sitting or standing within 6 feet of others for a prolonged period of time can put you at risk of getting or spreading COVID-19. Additionally, the stops you make along the way could put you and others in close contact with those who could be infected.

PLAN AHEAD

Be aware that many businesses (such as restaurants and hotels) may be closed. Anticipate your needs before you go:

- Prepare food and water for the road. Pack non-perishables in case restaurants and stores are closed.
- Pack a sufficient amount of alcohol-based hand sanitizer (at least 60% alcohol) and keep it in a place that is readily available.
- Book accommodations in advance if you must stay somewhere overnight.
 - Plan to make as few stops as possible, but make sure you rest when you feel drowsy or sleepy.
 - Bring an EPA-registered disinfectant and other personal [cleaning supplies](#).

PROTECT YOURSELF AND OTHERS:

- Clean your hands often.
 - [Wash your hands](#) with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - 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 your hands together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
 - Avoiding close contact is especially important if you are at [higher risk of getting very sick](#) from COVID-19.
- [Wear a cloth face covering in public](#).
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores. Do not dine-in if that is prohibited by state or local guidance.

LODGING PRECAUTIONS

Staying in temporary accommodations (hotels, motels, and rental properties) may expose you to the virus through person-to-person contact and possibly through contact with contaminated surfaces and objects.

If you must stay in a hotel, motel, or rental property:

- Take the same [steps](#) you would in other public places. For example, avoid close contact with others, wash your hands often, and wear a cloth face covering.
- When you get to your room or rental property, [clean and disinfect](#) all high-touch surfaces. This includes tables, door knobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets.
 - Bring an EPA-registered disinfectant and other personal [cleaning supplies](#), including cloths and disposable gloves.
- Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.