

# COVID-19

## CDC TRAVEL RECOMMENDATIONS

If you must travel within the state, be sure to follow all state and local travel restrictions that may be in place. It is possible that Texas Children's, the state and/or local governments may put in place travel restrictions, stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or while you are traveling. For more information and travel guidance, check with the [state or local health department](#) where you are, along your route, and at your planned destination. Just because there are no restrictions at the time you plan to leave does not mean there won't be restrictions in place when you arrive.

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

### ROAD TRIPS

If you must travel, please consider the following:

**Bus 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.

**Car travel:** The stops you need to make along the way could put you and others in the car with you in close contact with others who could be infected.

**RV travel:** Traveling by RV means you may have to stop less often for food or bathrooms, but RV travelers typically have to stop at RV parks overnight and other public places to get gas and supplies. These stops may put you and those with you in the RV in close contact with others 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.