COVID-19, also referred to as “CORONAVIRUS,” is a respiratory illness that was first detected in the Hubei province city of Wuhan, China, in late December 2019.

- Symptoms include: fever, cough and difficulty breathing
- The virus is spread via person-to-person contact
- All 50 states and more than 150 countries worldwide now have reported cases of COVID-19
- Those who are elderly or have a pre-existing medical condition are most at risk

For more information guidance, visit the Centers for Disease Control and Prevention (CDC) coronavirus (COVID-19) webpage: coronavirus.gov
30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your STATE AND LOCAL AUTHORITIES.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.
DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

**IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY**, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

**AVOID SOCIAL GATHERINGS** in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

**AVOID DISCRETIONARY TRAVEL**, shopping trips, and social visits.

**DO NOT VISIT** nursing homes or retirement or long-term care facilities unless to provide critical assistance.

**PRACTICE GOOD HYGIENE:**
- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

**CORONAVIRUS.GOV**

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities. In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.
TRAVEL provisions in the CARES Act

$377 BILLION in loans and loan forgiveness for small travel businesses

$454 BILLION in federally backed financial assistance for impacted businesses

TAX RELIEF to mitigate losses and spur recovery

GRANTS for impacted tourism businesses and airports

Visit ustravel.org/ReliefResources for CARES Act Resources
STAYING HEALTHY: WHAT TO DO

✓ Wash hands often
✓ Cough into your elbow and sneeze into a tissue
✓ Consult with a doctor before traveling when sick
✓ Stay up to date on vaccinations
✓ Avoid contact with people who are already sick
✓ Be aware of latest travel advisories from the CDC and the U.S. Department of State
✓ Get a flu vaccine
✓ Take everyday precautions to stop the spread of germs
✓ Take flu antivirals if prescribed

Source: The Center for Disease Control and Prevention
STAYING HEALTHY: WHAT **NOT** TO DO

- Leave the house when sick
- Touch your eyes, nose and mouth
- Panic. Get the facts and follow guidance from government sources and health professionals
U.S. TRAVEL RESOURCES

Use These Materials to Share Our **COLLECTIVE** Message:
Know the Facts and Continue to Travel Within the U.S.

- **Media Talking Points**
- **Get the Facts:** About COVID-19
- **A Guide for Communicating Healthy Travel Practices**
- **Links to Official Sources**
- **Messaging Examples Around the Industry**
- **CARES Act Relief Resources**

For updated messaging to travelers, the media and U.S. Travel’s current holding statement, visit:

[ustravel.org/coronavirus](http://ustravel.org/coronavirus)
Continue to follow the guidance of officials and health experts.

For more information, visit:

**CDC Coronavirus Page**
coronavirus.gov

**CDC Travel Warnings Page**