A GUIDE FOR COMMUNICATING HEALTHY TRAVEL PRACTICES TO TRAVELERS

Travelers are encouraged to always exercise healthy travel habits when traveling.

During seasons with a higher risk of illness, like U.S. flu season, travelers should adhere even more strongly to healthy travel practices.

HEALTHY TRAVEL PRACTICES

- 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
- Avoid contact with animals while traveling
- Be aware of latest travel advisories from the Centers of Disease Control and Prevention (CDC) and U.S. State Department

Check CDC Travel for latest guidance: cdc.gov/travel

COVID-19 DON’TS

- Go to work when sick
- Touch your eyes, nose and mouth
- Use face masks (the CDC does not recommend face masks for general U.S. public to prevent the spread of COVID-19)
- Cancel plans to travel within the U.S.
- Panic. Get the facts and follow guidance from government sources and health professionals

SOURCE:
wwwnc.cdc.gov/travel/page/survival-guide