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
- Clean frequently touched objects and surfaces
- Be aware of latest travel advisories from the Centers of Disease

Check CDC Travel for latest guidance: [cdc.gov/travel](http://cdc.gov/travel)

**COVID-19 DON’TS**

- Go to work or crowded areas 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)
- Panic. Get the facts and follow guidance from government sources and health professionals

SOURCE: