

# A GUIDE FOR COMMUNICATING HEALTHY TRAVEL PRACTICES TO TRAVELERS

For international travel, CDC provides recommendations on postponing or canceling travel which are based on an assessment of the potential health risks involved with traveling to a certain area. If considering travel within the U.S. there are several things you should consider when deciding whether it is safe for you to travel.

**VISIT: Things to consider before travel [here](#).**

## TAKE HEALTHY PRECAUTIONS

- 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 Control and Prevention (CDC) and U.S. State Department

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

## COVID-19 DON'TS

- Go to work when sick
- Touch your eyes, nose and mouth
- Panic. Get the facts and follow guidance from government sources and health professionals

SOURCE:

[wwwnc.cdc.gov/travel/page/survival-guide](https://wwwnc.cdc.gov/travel/page/survival-guide)