

COPING WITH COVID-19 TRAVELING

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Traveling during the COVID-19 pandemic, has changed due to guidelines from the Center for Disease Control and Prevention (CDC) and the World Health Organization. Travel restrictions change vary day to day as COVID-19 cases increase. Many states are restricting travel and



several countries have enforced travel bands, which lends to confusion as to when and where travel is permitted. There are several challenges when making

the decision to travel and the potential disappointment changing or canceling a trip. People can feel anxious or even depressed when they have to rearrange plans, especially if you trip as planned for a long period of time. This information provides tips on traveling safely during the pandemic.

KNOW THE RULES AND REGULATIONS

Once you decide to travel, know the rules and



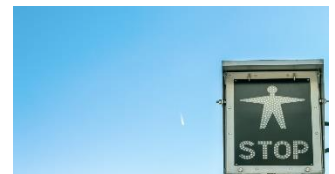
regulations in the area in which you are planning to travel. If you are flying, check the airlines have carrier's rules about

face masks and social distancing. Get automatic alerts to departure and arrival times. Some flights may be combined due to low ticket sales, so make sure you are still flying at the time you booked.

Each state has different guidelines that are either mandated, required, or recommended. Looking up state guidelines before traveling will help you plan and reduce some anxieties or discomforts. This information can be found through your state's Department of Public Health. Find guidelines for international travel by visiting: <https://travel.state.gov/>.

KNOW YOUR BOUNDARIES AND RESPECT OTHERS

Each state and even cities may have different guidelines so make sure you pay attention to them. For example, some cities require face masks whenever you are in public. Other states leave



requirements to individual places of business. Even if you do not agree with the guidelines put in place, respect the boundaries of others and their space. If you are nervous, know that the only person you can control is yourself. You always have the right to leave if you do not feel comfortable when your boundaries are not being respected.

PREPARE FOR THE TRIP

Before traveling, there are ways to prepare in order to stay safe during the pandemic.

- Check the status of the state or country to make sure the activities that you are planning will be open
- Carry extra cleaning supplies
- Take extra medication
- Bring a face covering
- Carry hand sanitizer
- Call ahead to check extra measures (such as cleaning) put in place where you are staying
- Prepare food and take enough water for your trip so you can make fewer stops.
- If you are sick, stay at home.

DURING THE TRIP

While traveling, make sure you consistently take the following precautions.

- Wash hands often.

FINAL THOUGHTS

Going on a vacation can be great for mental health and well-being. While traveling, be sure to have the least amount of contact with others to cut down the spread of COVID-19. Traveling will look different during this time and there may be disappointments; but plan to have the best time no matter what happens. You are spending time with family and friends, so staying safe is a top priority when traveling.

Resources

Considerations for Traveling

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

Centers for Disease Control and Prevention COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Guidelines for International Travel

<https://travel.state.gov/>

- Cover cough and sneezes
- Avoid touching eyes, nose, and mouth
- Avoid close contact with others
- Pick up foods at drive through, curbside restaurants or stores.
- Plan activities where you can be socially distant from others.
- Take the temperature of everyone on the trip daily.

AFTER THE TRIP

After the trip, pay attention to your health for any signs or symptoms daily. Symptoms may or may not show depending on if you are asymptomatic or not. Take the temperature of everyone on the trip daily. You want to make sure everyone is safe. If you think



you were exposed to COVID-19, follow the [CDC guidelines](#) based off of your symptoms. Even if you not showing symptoms, if you were exposed, self-quarantine for the required amount of time.

For General Health Information: [cdc.gov](https://www.cdc.gov)
TN COVID-19 Information: <https://www.tn.gov/health/cedep/ncov.html>
TN Mental Health Hotline: 1-855-274-7471
TN Addiction and Recovery Hotline: 1-800-889-9789

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