

Considerations for Traveling

Air Travel

- Requires spending time in security lines and airport terminals and social distancing may be difficult in the terminal and on crowded flights lasting for many hours
- Please consider how you are getting to the airport (rideshare, Airporters, or public transportation)

Bus or Train Travel

- Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others, which may increase your risk of getting COVID-19
- Additional precautions such as avoid touching surfaces as much as possible (i.e., kiosks, digital interfaces, finger scanners, ticket machines, turnstiles, handrails, elevator buttons, benches etc.)

Car Travel

- Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently-touched surfaces
- Improve ventilation in the car if possible (ex. open the windows or set the air ventilation/air conditioning on non-recirculation mode)

RV Travel

- You may have to stop less often for food or bathroom breaks, but RV travel usually means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

TESTING BEFORE TRAVELING

Testing locations have exploded during the past few months. Doctor's offices, urgent care centers, hospitals, pharmacies, and pop-up sites are among the variety of places offering coronavirus testing. Both CVS and Walgreens offer free drive-thru testing nationwide. Most locations, however, require an individual to be symptomatic or high risk to get a test, ruling it out for most would-be travelers.

So where does one even begin? Start with your primary care doctor. If their office does not provide testing, they might lead you to a testing site near you. If you have insurance, reach out to your representative to inquire about testing sites that take your insurance. If you do not have a primary care doctor or health insurance, check out your local or state health department website for help finding a nearby testing site.

Appointments are encouraged and often mandatory. Many locations will have a teleconference first to determine if you fit that location's requirements for a test. Not all facilities will administer a test for asymptomatic individuals. Some sites only test individuals with symptoms or that have been exposed to a person who has tested positive.

Test prices can vary widely depending on the site location, type of test, and insurance. Be sure to ask the cost of the test before making an appointment.

BEST PRACTICE

Listen to yourself if you are hesitating on a decision to go somewhere or to have family come into town and if this decision is causing you or your loved one more anxiety.

COVID-19 & The Holidays



How to Stay Safe



COVID-19 & The Holidays

How to Stay Safe

This information has been gathered with valuable information from the Center for Disease Control and Prevention (CDC) by the Sausalito Woman's Club Health and Safety Committee



THANKSGIVING

Thanksgiving is a time when many families travel long distances to celebrate together.

Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. The following 3 levels of activities may assist in protecting yourself and your loved ones.



Lower Risk Activities

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate Risk Activities

- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

High Risk Activities

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household



GATHERING CONSIDERATIONS

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

Before you travel or have family come visit please consider the following:

Is COVID-19 spreading at your destination?

- The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.
- Check each state's cases in the last 7 days.
- Do you live with someone who might be at increased risk for severe illness from COVID-19?
- Does your destination have requirements or restrictions for travelers?

If you travel please consider the following:

During your trip take steps to protect yourself and others

- Wear a mask to keep nose/mouth covered
- Avoid close contact (6 feet part or about 2 arms' length)
- Wash your hands often or use hand sanitizer (with at least 60% alcohol)
- Avoid touching your eyes, nose, and mouth