

HOLIDAY SAFETY TIPS

FOR THE TRAVELER AND THE HOMEBODY

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TRAVELING

KEEP TRIPS SHORT

- Straight flights with no layovers and car rides with no stops for food or gas reduce your chances of exposure to COVID.

TRAVEL WITH YOUR HOUSEHOLD.

- Members of your household pose less risk because they're already in close contact with you, and are thus safer to travel with.

WEAR A MASK.

- Wearing a mask reduces your chances of spreading COVID to others or catching it through airborne droplets.

SOCIALLY DISTANCE.

- Sitting far away from people that aren't in your travel group when possible reduces the chance of airborne droplets reaching you.

PACK TO STAY SAFE.

- Pack hand sanitizers with at least 60% alcohol for when you can't wash your hands, as well as spare disposable masks.

GET YOUR SHOTS.

- Get your flu shot before traveling

QUARANTINE.

- If possible, quarantine yourself for 10-12 days and keep track of your health to see if you may be symptomatic.

STAY HOME.

- Stick with your travel group and limit outside activity to necessary activities, such as grocery shopping.

STAYING HOME

KEEP GATHERINGS BRIEF

- Exposure to someone with COVID-19 for longer than 15 minutes increases your risk of getting sick.

CELEBRATE WITH YOUR HOUSEHOLD.

- Staying inside with the people you already live with keeps any possible transmission contained.

GATHER OUTSIDE.

- Outdoor gatherings allow for air circulation, preventing you from inhaling contained, potentially infected air.

LIMIT ATTENDEES.

- Social distancing is easier with less people. Less people means less bodies to interact and potentially expose to COVID.

STAY CLEAN.

- Use hand sanitizers with at least 60% alcohol, wash your hands as often as possible for at least 20 seconds, especially before handling any food or drinks..

CHECK ON YOUR CIRCLE.

- Don't invite anyone who says they've been feeling even remotely ill recently.

TURN THE HEAT ON.

- Can't host outside? Keep up central air and heating inside to prevent poor ventilation,

LIMIT SURFACE CONTACT.

- Avoid touching commonly used objects such as shared utensils, counter tops, clean dishes, etc.

REFERENCES.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html#:~:text=Travel%20increases%20your%20chances%20of,risk%20of%20getting%20COVID-19.>