



COVID-19 GUIDANCE FOR TRAVEL

If you must travel, this guidance offers strategies to protect health and safety as much as reasonably possible.

General Guidance

- Review and carefully consider whether travel is necessary.
- Consider the following when evaluating plans for travel:
- **Mode of travel to destination:**
 - Recommend travel by car or RV when possible; limited or no stops is preferred
 - Air, train or bus pose a higher risk.
 - Cruises are currently not recommended.
- Destination incidence rates and/or increasing positive rates of COVID-19. If the destination has high rates, reconsider or reschedule the travel. Proceed cautiously if destination has low or moderate rates.
- Refer to [CDC](#) for further travel guidance.
- **Type of activities during travel:**
 - Large group events, such as conferences, public events, concerts, theme parks and public transportation are discouraged as this may increase risk of transmission.
 - Events or gatherings that are currently prohibited by the destination's Order should not be attended.
- Consider the risk of passing COVID-19 to others during travel, especially if you will be in close contact with people who are older adults or have severe chronic health conditions.

- **Do not travel while sick or travel with someone who is sick.**
- Review State and local orders for current restrictions. Some destinations may have active travel restrictions, stay-at-home or shelter in place orders, mandated quarantines upon arrival, or even state border closures while you are traveling.
- **Avoid communities that currently are under stay-at-home orders.**
- While traveling, limit social interaction:
 - Wear a cloth face covering while in public.
 - Encourage non-contact greetings, such as nodding, bowing or waving. Avoid shaking or holding hands, hugging, or kissing.
 - Avoid contact with any person who has had COVID-19.
 - Avoid large gatherings or areas where physical distancing is not possible.
 - Avoid areas with widespread transmission of COVID-19.
- When using rental vehicles or shared vehicles, make sure to sanitize the car interior and high-touch surfaces including but not limited to keys, steering wheel, gear shifts, seat belts, etc.
- When traveling in high traffic areas such as airports, train stations and bus terminals adhere to physical distancing, hand sanitizing guidelines and use facial coverings.
- Have a plan in place for taking off from work or school, in case you are exposed to, or sick with, COVID-19.

Travelers Visiting Springfield-Greene County:

When residents of Springfield and Greene County have individuals come to visit, similar precautions, such as increased hand hygiene and cleaning and disinfecting.

- Visitors should self-monitor for symptoms.
 - If symptoms develop, seek testing immediately and remain isolated.
- If a visitor tests positive for COVID-19, others in the household and close contacts should quarantine at home for 14 days and monitor for signs and symptoms of disease.
- If symptoms develop, seek testing immediately and remain isolated.

Health Guidance

- Monitor for [symptoms](#) of COVID-19 before and during travel.
 - Reschedule travel if symptoms arise before trip.
 - Seek medical attention if symptoms arise during trip.
- Clean hands often. If soap and water are not available, bring and use hand sanitizer that contains at least 70% alcohol.
- Contact your primary care provider if you are experiencing symptoms of COVID-19.
- Upon return from travel:
 - Watch your distance: stay at least 6 feet from others, whether indoors or outdoors.
 - Wear a mask: cover your nose and mouth to prevent the spread of respiratory droplets which carry the virus.
 - Wash your hands: use soap and water or hand sanitizer often.
 - Monitor yourself for symptoms.
 - If you visited a high-risk destination or participated in a high-risk activity, you should also:
 - Stay home as much as possible.
 - Avoid interacting with people who are [at higher-risk for severe symptoms from COVID-19](#).
 - Consider seeking COVID-19 testing.
- Contact your primary care provider if you are experiencing symptoms of COVID-19.
- Have a plan in place for taking off from work or school, in case you are exposed to, or sick with, COVID-19.

Cleaning and Disinfecting Guidance

- When you get to your room or rental property, [clean and disinfect](#) all high-touch surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets.
- Use a household disinfectant or other personal [cleaning supplies](#), including cloths and disposable gloves.
- Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.
- Pack enough alcohol-based hand sanitizer and keep it in a place that is readily available.

Physical Distancing Guidance

- Always keep 6 feet of physical distance from others.
- Wear cloth face coverings when physical distance cannot be maintained.
- Adhere to physical distancing when dining in restaurants or other public spaces.