

COVID-19 TRAVEL RECOMMENDATIONS FOR EMPLOYERS

Updated June 8, 2020



**HEALTH
Department**

Allegan County Health Department

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The following document provides recommendations for employers as states begin to reopen and employees request time off for traveling. Travel plans are to be assessed on an individual basis, regardless if plans are personal or for business. The COVID-19 pandemic poses some unique challenges in terms of traveling that are important to note, such as the type of transportation, non-pharmaceutical practices while traveling, and the position of the employee traveling. Because travel increases your chances of getting infected and spreading COVID-19, **staying home is the best way to protect yourself and others from getting sick.**

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Recommendations for Employers:

- Monitor www.cdc.gov/travel for recent travel health advisories.
 - The travel location may have a higher rate of transmission, which would increase the risk for individual.
- Reconsider Travel Plans
 - If traveling can be postponed until a later date, this would be the safest option for the individual
- Determine what type of transportation will be used

Travel increases your chances of getting and spreading COVID-19. Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces.

Travel Type	Description	Risk Level
Air Travel	Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.	High
Bus or Train Travel	Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.	High
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 surfaces.	Low
RV Travel	You may have to stop less often for food or bathroom breaks, but RV travel typically 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.	Low

- Non-pharmaceutical interventions
 - If an individual chooses to travel, educate on non-pharmaceutical practices the individual can do while traveling:
 - Clean your hands often.
 - Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
 - Avoid touching your eyes, nose, or mouth.
 - Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
 - Wear a cloth face covering in public.
 - Cover coughs and sneezes.
 - Pick up food at drive-thru's, curbside restaurant service, or stores.
- While traveling, employees should limit public interactions, practice social-distancing, and self-monitor for symptoms consistent with COVID-19. Face coverings that cover the nose and mouth, such as a homemade cloth mask, bandana or scarf must be worn in public.
- Employees who participate in large gatherings (indoor or outdoor) where social distancing cannot be practiced (within 6 feet of others) should quarantine for 14 days and self-monitor for symptoms consistent with COVID-19. During this time, working remotely is strongly encouraged

Considerations for Employees thinking of traveling away from your local community:

- **Is COVID-19 spreading where you're going?**
You can get infected while traveling.
- **Is COVID-19 spreading in your community?**
Even if you don't have symptoms, you can spread COVID-19 to others while traveling.
- **Will you or those you are traveling with be within 6 feet of others during or after your trip?**
Being within 6 feet of others increases your chances of getting infected and infecting others.
- **Are you or those you are traveling with more likely to get very ill from COVID-19?**
Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.
- **Do you live with someone who is more likely to get very ill from COVID-19?**
If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.
- **Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?**
Some state and local governments may require people who have recently traveled to stay home for 14 days. Allegan County Health Department recommends individuals to consider quarantine

and work remotely for 14 days post travel. If this is not possible due to the individual's position or time off, then non-pharmaceutical practices must be ensured.

- **If you get sick with COVID-19, will you have to miss work or school?**

People with COVID-19 disease need to stay home until they are no longer considered infectious.

COVID-19



HEALTH
Department

Travel Recommendations for Employers

updated June 10, 2020

The COVID-19 pandemic poses some unique challenges in terms of traveling that are important to note, such as the type of transportation, non-pharmaceutical practices while traveling, and the position of the employee traveling. Because travel increases your chances of getting infected and spreading COVID-19, **staying home is the best way to protect yourself and others from getting sick.**

STEPS TO TAKE AT THE WORKPLACE

- Monitor www.cdc.gov/travel for recent travel health advisories.
 - The travel location may have a higher rate of transmission, which would increase the risk for individual.
- Reconsider Travel Plans
 - If traveling can be postponed until a later date, this would be the safest option for the individual
- Determine what type of transportation will be used
 - Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces.

SAFEST



You may have to stop less often for food or bathroom breaks, but RV travel typically 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.



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 surfaces.



Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.

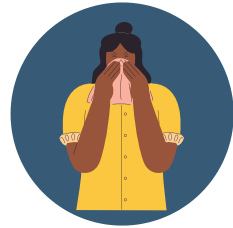
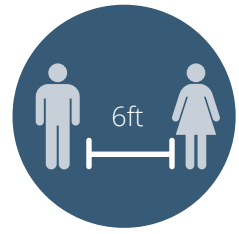


Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

- Practice and enforce Non-pharmaceutical Interventions.
 - If an individual chooses to travel, educate on non-pharmaceutical practices the individual can do while traveling.



- Clean your hands often.
 - Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-thru's, curbside restaurant service, or stores.



CONSIDERATIONS FOR EMPLOYEES THINKING OF TRAVELING AWAY FROM LOCAL COMMUNITY:



Allegan County Health Department recommends to consider individuals quarantine and work remotely for 14 days post travel. If this is not possible due to the individual's position or time off, then non-pharmaceutical practices must be ensured.

- **Is COVID-19 spreading where you're going?**

You can get infected while traveling.

- **Is COVID-19 spreading in your community?**

Even if you don't have symptoms, you can spread COVID-19 to others while traveling.

- **Will you or those you are traveling with be within 6 feet of others during or after your trip?**

Being within 6 feet of others increases your chances of getting infected and infecting others.

- **Are you or those you are traveling with more likely to get very ill from COVID-19?**

Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.

- **Do you live with someone who is more likely to get very ill from COVID-19?**

If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.






- **If you get sick with COVID-19, will you have to miss work or school?**

People with COVID-19 disease need to stay home until they are no longer considered infectious.

COVID-19: REDUCE YOUR RISK

The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

SAFEST ————— **RISKIEST**

Face Covering		Everyone is wearing a mask or face covering	Most wearing masks	Some wearing masks	None wearing masks
Social Distance		Not engaging in any activity in person; virtual only	Staying 6 feet or more from others	Staying under 6 feet from others	Standing face to face, hugging, shaking hands
Droplet Spread		Breathing normally	Speaking or breathing heavily	Shouting, yelling or singing	Coughing or sneezing
Location		Outdoors in an open space	Staying under a shelter (gazebo, covered porch) outdoors	Large, indoor rooms with good air flow	Small, indoor rooms with poor air flow
Food		Only bringing and touching your own food	Serving pre-portioned food, using good hand hygiene	Family style, but using your own serving utensils	Sharing plates, utensils, and cups
Groups		Only household members	Small groups (two households, under 10 people)	Large groups over 10 people	Large gatherings with people from different geographic areas
Travel		Not traveling outside of local community	Using own vehicle for traveling	Public transportation such as buses, trains, or subways	Air travel with multiple layovers

ALWAYS REMEMBER



Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.



Stay home if you're feeling any mild symptoms, except to get medical care.

