

# Holiday Travel During COVID-19



Behavioral Health Services



Traveling this holiday season will increase the risk of infection for you, your loved-ones and your fellow citizens. Airports, bus stations, train stations, public transport, gas stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. Stay home & stay safe.

## consider this:

### Gather Virtually



Place a laptop or tablet at one end of the holiday table and use Zoom or Facetime to share a meal. Open gifts on a conference call or via Skype or a Zoom.

### Drive yourself.



If possible, drive yourself (or your own household) to your destination. Avoid group transportation methods like airplanes, trains and buses. Anticipate your needs. Pack food and water in case restaurants and stores are closed and bring plenty of sanitizer. Don't forget your masks!



## guidance

**Again, traveling during the pandemic is extremely risky and not recommended. However, if you MUST travel please follow these guidelines:**

**Quarantine.** Persons arriving from other states or Californians returning from other states or countries should practice self-quarantine for 14 days after arrival.

**Keep your distance.** Avoid close contact by staying at least 6 feet apart (about 2 arm lengths) from anyone who is not from your travel group. Avoid areas in which there are large groups of people.

**Mask up. Wash up.** Wear a mask to keep your nose and mouth covered when in public settings. Keep your hands away from your face. Use hand sanitizer frequently and wash your hands with warm water and soap.

## fact check:

*California has issued a new Regional Stay at Home Order effective as of Dec. 6th. It prohibits private gatherings of persons outside your immediate household of any size, and requires 100% masking and physical distancing in all public areas and businesses.*