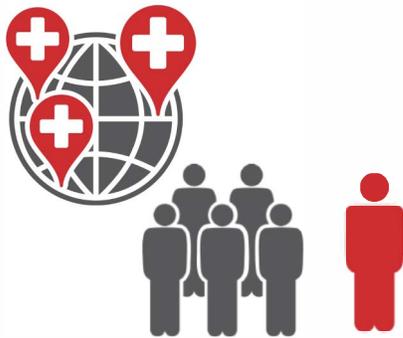


COVID-19

At-Risk Groups: Travelers

Guidance

COVID-19 is active in many parts of the world and the United States, and cases continue to be identified as the situation evolves. If you have plans to travel, whether tomorrow or in the next few months, now is the time to review your travel plans. Certain destinations present a higher risk than others. You may choose to delay or cancel travel based on plans and circumstances.



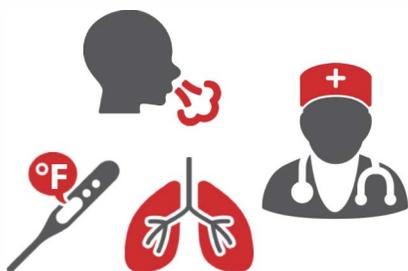
Considerations When Planning Travel

- If COVID-19 is active at your destination, you will have an increased of exposure to illness.
- Risk of exposure to COVID-19 increases in close, crowded settings like conferences, concerts, festivals, airports, cruise ships and others.
- Older adults and people with existing medical conditions are at high risk and should avoid all cruise travel and non-essential air travel.
- Have a plan to take time off work or school if you are exposed to COVID-19 during travel; you may be out for an extended period.



Take Steps to Prevent COVID-19 When Traveling

- Follow preventative steps against germs.
- Encourage any traveling companions to follow prevention tips.
- Avoid crowds, especially in close environments.
- Learn about what hotels, events and other venues you visit are doing to prevent the spread of COVID-19.
- Stay informed by listening to local news and alerts.
- Contact a healthcare provider immediately if you get sick.



Have a Plan When You Return

- Depending on your travel history, you may be asked to stay home for a period of 14 days from the time you return from your travel.
- Watch for symptoms and warning signs of COVID-19 and call your doctor if you experience fever, cough, shortness of breath.
- Talk to your healthcare provider about recent travel and symptoms, especially if you require regular medical care like dialysis.
- Stay home and avoid contact with other people.
- Have a communication plan to keep in contact with others if you become ill and need to ask for assistance.

How to prevent the spread of:

CORONAVIRUS DISEASE 2019 (COVID-19)

INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching your eyes, nose + mouth** with unwashed hands.
- ✓ **Cover your cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



1

USE SOAP



2

PALM TO PALM



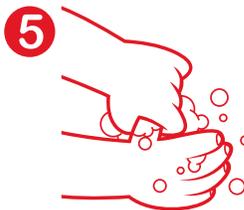
3

BACK OF HANDS



4

FINGERS INTERLACED



5

BASE OF THUMBS



6

FINGERNAILS



7

WRISTS



8

RINSE HANDS



9

DRY HANDS

PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

For more information: dph.georgia.gov/novelcoronavirus
cdc.gov/coronavirus/2019-ncov/index.html