## **Health Enews**

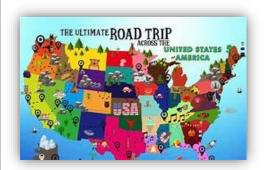
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## Vacation, Road Trips and COVID-19

Vacations and travel are definitely looking different this year. Many of us may be planning vacations and road trips vs. flying during this season of COVID-19. What's the good news? Road trippers will find gas prices the lowest they have been in 17 years!

## Tips for Vacationing and Road Trips During COVID-19

- Take vacation and road trips with people you are already quarantining with.
- Be prepared to wear a mask while in public. Several states require wearing masks in public while others recommend it.
- Make lodging and hotel reservations directly with the hotel and in advance to avoid any possible complications.
- Check with The National Governors Association for up-to-date information on each state's COVID-19 related restrictions.
- Check with each state's transportation department website to identify any closed rest areas.
- Understand that some areas with tolls may be mailing a toll bill as some areas have changed to cashless tolls.
- Verify if the state you will be traveling to/from requires a post travel quarantine.
- Book accommodations with flexible change and cancellation policies.
- Look for health and hygiene amenities such as: contactless check-in and check-out, increased cleaning standards, an official statement regarding social distancing, a facemask requirement policy and enhanced COVID-19 awareness training for hotel staff.
- Travel local. Visit local, less visited places you've always meant to visit as a family.
- When traveling, check the state's Department of Health and Human Services to see if there has been a recent rise in COVID-19 cases in the state/area you will be visiting.
- Do your part and maintain social distancing and health safety practices.



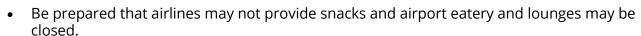


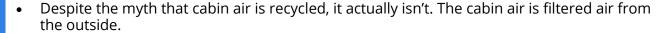


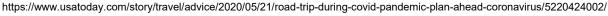
## Traveling by Air

If you are adventurous and want to vacation and travel by air, keep in mind that air travel may be different.

- You will be required to wear a mask.
- Flights are boarded back to front.
- Select a window seat, this will prevent you from coming in contact with everyone entering the plane.
- Airlines are booking packed flights—so you will be sitting very close to another person. At this time, Delta and Southwest are the only airlines blocking middle seats from bookings.







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