

## Staying Safe from COVID-19: Holiday Travel

COVID-19 is spreading rapidly in many parts of the country, so non-essential travel, including holiday travel, is not recommended. But if you must travel, plan ahead and take these steps to reduce risk.

### Tips for Success

#### Before you go:

- Check with the [state health department](#) where you are, along your route, and where you are going for up-to-date information and travel guidance. Prepare to be flexible during your trip as restrictions and policies may change during your travel
- Get a flu shot
- Get tested for COVID-19

#### En route and at your destination:

- Bring your own food. If you don't bring your own food, use drive-through or curbside pick-up options
- Wear a face covering
- Keep at least six feet of physical distance from others (more distance is safer)
- Wash or sanitize your hands often; pack hand sanitizer with at least 60% alcohol and keep it within reach
- Air travel: Plan to be extra vigilant since social distancing is not possible on most flights. Air travel also requires spending time in crowded security lines and terminals. Stay masked, wash your hands frequently and maintain six feet of physical distance when you can



#### After travel:

- Comply with the current requirements listed on the [NYS Department of Health website](#) for travelers returning to New York State
- Get tested for COVID-19