

# TALLAHASSEE SENIOR SERVICES

## CORONAVIRUS (COVID-19) Safe Travel

### Traveling During COVID-19 Outbreak

***Traveling during the COVID-19 pandemic, whether within your home state, interstate or internationally, should be avoided if possible!*** The best way to avoid contracting the virus is through social distancing. The longer you are exposed to someone with the virus, the greater your viral load and the higher the likelihood of becoming seriously ill. Traveling, and traveling by air in particular, will increase your exposure to COVID-19, and while certain safety practices can help make it safer, individuals at a higher risk of developing severe symptoms should avoid traveling at this time. **Do not travel if you are sick.**

If you must travel within the United States, start by checking the CDC COVID Data Tracker to see if the virus is actively spreading where you are going, as well as within your own community. Not only could you be risking infection yourself, but also unknowingly spreading the virus to others while you travel. The data tracker is available here: [cdc.gov/covid-data-tracker/](https://cdc.gov/covid-data-tracker/). Whether traveling by air, bus, train, car or RV, the primary concern is your proximity to others during your trip. Bus and train travel involve standing or sitting within six feet of others for extended periods. While car and RV travel often involve contact with other individuals at gas stations and restaurants, as well as the use of public bathrooms. Frequently touched surfaces can also be a source of infection. Wear a mask and clean your hands often to reduce your risk. Check out the CDC's [Coronavirus Considerations for Travelers](#) and [COVID-19 Traveler Info Card](#) for more detail, as well as the Wall Street Journal article [All Your Coronavirus Travel Questions Answered](#).

### Air Travel

Airlines have developed protocols and procedures for enhanced sanitation and attempts at social distancing, such as limiting the number of people on a flight. Practices vary from airline to airline. Contact the airline you plan on flying with directly, to find out what they are doing to keep people safe. **All airlines require that travelers wear a mask.** Additional information, including resources from individual airlines, can be found at [faa.gov/coronavirus/](https://faa.gov/coronavirus/). Federal and state guidelines are changing constantly, be sure to check the most up-to-date recommendations before you fly.

- Try to book multiple, shorter connecting flights if possible, to eliminate the need to use the restroom on the plane.
- Bring a plastic zip bag of items, like your ID, that others will be handling, and another zip bag to place these items in once they have been sanitized.
- Select a window seat to minimize close contact with others during the flight.
- Bring a bag of disinfecting wipes and hand sanitizer. Clean your hands often, and wipe down any frequently touched surfaces, arm rests, tray tables, etc.
- Once seated, do not get up until you are ready to exit the plane.

More information can be found at [cnn.com/travel/article/is-it-safe-to-fly-yet/](https://cnn.com/travel/article/is-it-safe-to-fly-yet/). Traveling, even by air, can be made safer, but the risk remains. Facemasks, disinfecting wipes and hand sanitizer are not completely effective, and **if you or anyone in your household is at an increased risk for severe symptoms from infection, due to age or underlying conditions, travel should be avoided.**