



## COVID-19 Guidance for the Winter Holidays

### Holiday Travel – Air/vehicle travel, traveling overnight

Travel increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

Use the CDC’s travel resources to determine the level of COVID-19 spread at your destination before you make plans to travel:

- [Check Each State’s Case Numbers in the Last 7 Days](#)
- [Travel Recommendations for Destinations Around the World](#)

Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance.

Don’t travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Don’t travel with someone who is sick.

**Recommendation:** During the COVID-19 pandemic, residents are encouraged to avoid travel as much as possible, especially during this busy travel season.

<b>Traveling Overnight</b>	<ul style="list-style-type: none"><li>○ Check the hotel’s COVID-19 prevention practices before you go.</li><li>○ Use options for online reservations and check-in, mobile room keys, and contactless payment, when possible.</li><li>○ Wear a mask in the lobby or other common areas.</li><li>○ Minimize use of areas that may lead to close contact (within 6 feet) with other people as much as possible, like business centers, outside patios, inside lounging areas, dining areas/kitchens, game rooms, pools, hot tubs, saunas, spas, salons, and fitness centers.</li><li>○ Take the stairs. If the stairs are not an option, wait to use the elevator until you can either ride alone or only with people from your household.</li></ul>
<b>Air travel</b>	<p>Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19.</p> <p>Consider how you get to and from the airport. Public transportation and ridesharing can increase your chances of being exposed to the virus.</p> <p><b>Tips:</b></p> <ul style="list-style-type: none"><li>○ Wear a mask to keep your nose and mouth covered when in the airport and on your flight.</li><li>○ Wash your hands often or use hand sanitizer (with at least 60% alcohol).</li><li>○ Avoid touching your eyes, nose, and mouth.</li></ul>

## Car travel

Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently-touched surfaces.

### *Tips:*

- Wear a mask to keep your nose and mouth covered when:
  - Riding in a vehicle with individuals from outside of your household.
  - Making stops at rest areas, gas stations, restaurants, etc.
- Avoid close contact by staying at least 6 feet apart from others when making stops.
- Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth.