



Safe Travel Guidance & Education During the COVID-19 Pandemic

Background and Updates

Due to the rapidly changing nature of the Coronavirus pandemic, it's important to understand how to keep yourself and others safe if you choose to travel, regardless of your destination.

Certain states are experiencing a more dramatic rise in cases than others, so Gov. Wolf and the PA DOH have *recommended* self-quarantining for 14-days upon return from those destinations. This is a change from earlier language that more strongly directed a quarantine, therefore, this question has been removed from entrance screening. However, we continue to recommend reconsidering any travel plans to those states and ask that you review the safe travel information below before your trip. Please be aware that this is subject to change.

For the most up-to-date list of states experiencing high case counts, visit:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

The key to traveling safely is understanding which behaviors are high-risk, and choosing low-risk behaviors instead. Consider the following:

- **How will you be traveling?**
 - **High-risk:** Air travel and other forms of public transportation that contain high-touch surfaces and make it difficult to social-distance
 - **Low-risk:** Driving in your personal vehicle and RV trips
- **Do you need to stop along the way?**
 - **High-risk:** The more stops, the more opportunities for exposure. Frequent visits to public rest-stops, staying overnight in multiple locations, and dining in restaurants
 - **Low-risk:** Shorter drives with few stops before reaching your destination
- **Where are you traveling?**
 - **High-risk:** International travel; particularly to countries from which the US has barred re-entry
 - **Moderate-risk:** States that are experiencing rising case-counts and those from which travelers are recommended to self-quarantine when returning to PA
 - **Low-risk:** Locations with low-case counts and less densely-populated areas

- **What do you plan to do when you arrive?**
 - **High-risk:** Attending a group gathering or event -- the larger the group, the greater the risk. Participating in activities where distancing is difficult to maintain; indoor dining
 - **Low-risk:** Traveling only with members of your own household; ordering take-out, participating in outdoor activities where distancing can be maintained.

- **Are you willing and able to follow best practices?**
 - **High-risk:** You and your travel companions do not wear face coverings and do not practice social distancing. Frequent hand hygiene is not practiced.
 - **Low-risk:**
 - Clean your hands often.
 - [Wash your hands](#) with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
 - Avoid touching your eyes, nose, or mouth.
 - Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
 - [Wear a cloth face covering in public.](#)
 - Cover coughs and sneezes.
 - Pick up food at drive-throughs, curbside restaurant service, or stores.

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

I have reviewed the above information concerning safe travel practices during the COVID-19 pandemic and commit to choosing low-risk activities to the best of my ability in order to protect myself and Messiah Lifeways residents, clients, and fellow team members. I understand that if I do not follow these best practices, I may be asked to quarantine upon return by my supervisor.

Name: _____

Date: _____