

Fodor's GUIDE TO
**SAFE AND HEALTHY
TRAVEL**

**Practical Tips and Information for the
Age of COVID-19 and Other Pandemics**

A Fodor's Travel e-book in collaboration with WebMD

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FOREWORD

by Michael W. Smith, MD, MBA, CPT,
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In late December 2019, the world learned of an outbreak of a mysterious viral pneumonia in Wuhan, China. It quickly spread to the rest of the world with the first U.S. confirmed case of the novel coronavirus in Washington state on January 21. Our lives drastically changed.

Initial reports suggested the outbreak started in a wet market in Wuhan, when the virus transmitted from an animal to a human followed by human-to-human transmission. Doubt has been shed on that theory. Whatever the origin, with today's global community and easy access to the far corners of the world, the virus quickly spread. On March 11, the World Health Organization officially deemed the outbreak a pandemic—a worldwide outbreak.

Coronaviruses are common, even causing the common cold. They have also been the root of several other serious outbreaks, including SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome). But this one was different. It's highly contagious, easily spread from person to person. Experts estimate that, on average, an infected person would infect nearly six other

people, so you can see how it spread so quickly. One reason is that the SARS-CoV-2 virus, as it's known, is a respiratory virus, infecting the nose, airways, and lungs. That means it has several ways to get inside the body, including our nose, mouth, and even eyes.

There's another reason this virus is especially hard to stop. An estimated 80% of infected people have few to no symptoms. Some may feel totally fine. Others may feel like they have a cold. But they can still give the virus to others—potentially to someone else who develops more serious symptoms, leading to hospitalization or possibly death.

Because we know how the virus spreads, we also know how to prevent the spread. Research shows face masks can be highly effective when used correctly. Any time you're going to be around people outside the home, particularly when you stand the chance of being less than 6 feet away from someone else, wear a cloth mask to cover your nose and mouth. While there's still a shortage of medical masks, leave those for the health professionals. Wash your hands before you put a mask on, after you

remove it, and often in between. When you can't get to soap and water, use hand sanitizer.

Also, don't touch your face, particularly your nose, mouth, or eyes. Coronavirus spreads primarily through the respiratory droplets that people give off when they talk, cough, sneeze, or even breathe. If you touch a surface that has those droplets and then touch your face, there's a chance you could infect yourself. That's another reason why it's important to wash your hands often.

Outside of the things you can do to protect yourself and people around you, there are other efforts that will help the world get the pandemic under control. One is testing. It's the only way to know for sure that someone has the virus.

There are two types of tests—a diagnostic test and an antibody test. A diagnostic test uses a nasal swab or saliva to see if you're infected with SARS-CoV-2 right now. Antibody tests check your blood for signs you've been infected before. Antibodies likely mean you have some level of protection from getting the virus again, but we don't yet know how much they protect you or for how long.

Contact tracing is another tool that will serve to protect us. It involves finding people who've been in contact with an infected person and telling them to isolate themselves. No treatment or medication has yet been proven to work against SARS-CoV-2, but several treatments are showing promise in clinical trials. More research is needed before doctors can recommend any specific treatment.

Ultimately, we need a safe and effective vaccine to get the COVID-19 outbreak under complete control. Many trials are underway investigating different vaccine approaches. Some may come to fruition

as early as late 2020, which would be remarkably fast in the world of vaccine development. Once it's available, I would highly recommend you get the vaccine, especially before any international travel.

The COVID-19 outbreak will eventually go away. The virus may still linger as many respiratory viruses do, but ultimately the world can control it with a vaccine and treatment. But other respiratory viruses will emerge. Hopefully it'll be many years before we must endure another outbreak such as this. But the information in this e-book is critical—it can help you avoid other respiratory infections, including the flu. Taking these steps to protect ourselves and our families will help stem future outbreaks that may come.

INTRODUCTION

By Johanna Read



Travel is often for fun and relaxation, but it goes beyond that. It's a way of challenging our preconceived ideas, it pushes us beyond limits we thought we had, it helps us learn about other cultures, and it brings the world together.

Travel and tourism are also important for the world's economy: one in every 10 jobs around the world is related to travel and the industry generates 10.3% of global GDP. Travel has been severely affected by COVID-19, it played a role in spreading the disease, and it will be a part of the economic recovery. We miss being able to travel freely—whether it's a weekend road trip or a dream vacation to an island paradise—and look forward to travel returning to normal. Protecting the health of everyone involved in travel is important, and, at least for a while, travel is going to be very different.

At Fodor's, we've always relayed health information to our readers. Our digital site, [fodors.com](https://www.fodors.com), regularly explores health in the travel context, and we've published numerous COVID-19 stories to keep you informed and help your travel dreaming and planning. In our guidebooks, we always include a comprehensive Travel Smart chapter to provide practical advice and tips on both personal safety and health-related safety. We've covered everything from the Zika virus in places like the Caribbean to the norovirus (which, while often associated with cruises, is found in many places, though few have the same reporting requirements as cruise ships). As an extension of the coverage we've always provided, we've created this special e-book with our colleagues at WebMD on how to travel safely in this age of pandemics.

COVID-19 brought travel almost to a standstill in the spring of 2020 but by June travel was very slowly starting again. It's mostly domestic travel for now and, even as lockdown and self-isolation restrictions are lifted, many are concerned that it's still too early. Second waves of infection are appearing and some countries are reinstating restrictions. The situation changes almost daily. We need to take precautions to protect ourselves, our families, our communities, and the world. Travel won't be safe from COVID-19 until a vaccine is developed and readily available to everyone on the planet. Going forward, we now have a better understanding of the seriousness of pandemics and how to be prepared for the next one.

When deciding when and where to travel, there are several factors to consider. First, governments provide advice and warnings. The CDC is still advising against nonessential travel within the United States and released guidance for reopening of states on May 14. For international travel, the CDC has a Level 3 Travel Health Notice recommending against nonessential travel to all global destinations, and the State Department has a Global Level 4 Health Advisory to avoid all international travel. Travelers who have been in certain parts of the world are also subject to additional measures upon arriving in the United States. Every national government decides who

is allowed within its borders and can set conditions for entry like testing and mandatory quarantine.

Second, once governments give the green (or, more likely, amber) light to travel, you'll need to consider the risks particular to you and your family. If you or someone you have regular contact with is at elevated risk for COVID-19, travel might not be a wise choice right now. You'll also need to consider the feasibility of a 14-day posttrip self-isolation or quarantine, either if you show any respiratory symptoms or because of rules that require it.

Travel under COVID conditions is stressful. You might have anxiety about contracting and spreading the illness or about last-minute cancellations. Remember that key ways to stay safe are in your control: keep 6 feet from others, don't touch your face unless your hands are well cleaned, and wear a face mask in public. If the stress of pandemic travel would make your trip unenjoyable, it's likely better to postpone it (certainly for a vacation, but even for work or to visit family). Government restrictions, border closures, and transportation cancellations could all change your plans at the last minute. To help you anticipate changes, monitor government sites and local news before and during your trip.

You'll also want to minimize your chance spreading the virus, whether to areas not yet hard hit or by contributing to a second wave of infection. A high priority should be minimizing any additional burden on hospitals, which means avoiding places that have not yet "flattened the curve." Keep in mind that testing is different in every jurisdiction. Reported case numbers might be very different from actual case numbers, and we may never know the number of asymptomatic—but still contagious—cases.

For both domestic and international travel, travelers will need to carefully weigh

the good they can bring by spending money in local economies against the risk of spreading COVID-19, particularly to destinations without robust public health care systems.

Whether it's to see family, take a vacation, or for business, travel deemed "nonessential" is first opening up to areas within driving distance of home. Check out our comprehensive Road Trip guide for U.S. road trips on [fodors.com](https://www.fodors.com). Domestic travel, including by air, will then become more widespread.

Internationally, there are restrictions at almost every country's borders. "Travel bubbles" and "corona corridors" are opening up between select countries. For example, Estonians, Latvians, and Lithuanians can travel within their combined borders as of May 15 and Greece, Cyprus, and Israel are talking about travel between their three countries without the need for quarantine. Regional travel, such as within the EU's Schengen countries, will likely follow. Widespread international travel, especially without the need for quarantine, will be the last to return to a new normal.

The travel situation will continue to change rapidly as COVID infections wax and wane, scientists identify new concerns and new solutions, and governments and the travel industry respond.

Chapter 1

KNOW BEFORE YOU GO

By Paul Feinstein,
Shoshi Parks, Johanna Read



Hopefully soon it'll be time to start mapping out itineraries, packing those suitcases, and dreaming about your departure date. But the COVID-19 outbreak has created new challenges around travel that require we all be better informed and better prepared before we leave on any trip.

So the editors of Fodor's and medical experts of WebMD have put together this guide to make sure you will be armed with the best tips and practical information possible as you are making your plans. Our hope is that with the information provided here, you'll be that much more informed, and as travel restrictions continue to ease and more and more places open up, we can continue getting back to doing what we all love—traveling!

Where to Go

As travel slowly returns, most people's first priority will most likely be to see family and friends, as well as get some rest and relaxation after the physical and mental stresses of lockdowns. Government advisories, the risk to you and your family, and the risk of contributing to the spread of COVID-19 will influence your decision whether and where to travel. Modes of transportation are another factor.

First, try a day trip within driving distance from home as a way to test your comfort level with travel under COVID conditions. Traveling by car gives you more flexibility and control over your environment than

you have with planes and trains. When you're ready for an overnight trip, there are a variety of accommodations to suit your personal needs and preferences.

When deciding where to go, consider the ease or difficulty of maintaining a 6-foot distance from nonfamily members, as it's one of the key ways to prevent the spread of COVID-19. You might think that a national park, beach, or other outdoor area is the easiest place to do that. That might be true, assuming you go to an area where there aren't a lot of other people, and if you can avoid crowded parking lots, eateries, and restrooms. However, consider the ease of places that have strict limits on the number of entries and where staff work to keep high-touch surfaces clean and remind guests of distance rules. For example, at a park or beach, you could be surprised by someone suddenly running up to you to catch a Frisbee. At a museum, it might be easier to maintain distance thanks to floor markings and security guards monitoring the number of people in each room. Check websites of the specific places you're considering, and know that facilities at state and national parks might be closed or the parks closed altogether. The CDC provides guidelines for visiting parks and recreational facilities.

Amusement parks are always a popular destination, especially during school breaks. Measures to keep guests healthy and minimize COVID stress are top priority right now. Orlando, in particular, is working to ensure visitors feel comfortable and posts the latest on Visit Orlando's Healthy Travel & Reopening Information page. An Orlando area task force released initial guidelines for when theme parks reopen, which is predicted for June or July. Some Universal CityWalk businesses opened May 14 and Disney Springs' phased reopening started May 20 (Disney Springs guests will be checked for fever, required to wear a mask, and encouraged not to use cash). California's theme parks will reopen later.

At major theme parks, you can expect markings in lineups to help you keep 6 feet apart, touchless sanitizer stations at the entrance and exit of every ride, and regular cleaning of high-touch surfaces. Disney and Six Flags are reportedly looking to expand ways to queue virtually (like FastPasses) to further minimize crowding. Theme parks are considering whether to give guests a specific entry time slot (even for annual pass holders), do temperature checks, and require face coverings. Orlando's phase one will have theme park attendance capped at 50% of capacity and phase two at 75%. With reduced numbers of people allowed in the theme parks, it might be an ideal time to enjoy the attractions with fewer crowds and knowing staff are focusing on COVID-19 precautions.

As travel opens up further, consider small group travel, as with companies like G Adventures. Their groups average 10 people (15 maximum) and they travel to more than 100 countries. Small group travel means someone else takes care of stressful logistics and considers all the possible COVID-19 precautions. Rather than sharing ground transportation with a lot of random people, you'll be with the same small group where each person

has a shared interest in keeping everyone healthy: you and your fellow travelers, staff, and all the people you come into contact with when you travel. Plus tour companies are offering very flexible cancellation and rebooking policies in case your destination becomes a new COVID hot spot (e.g., until the end of 2020, G Adventures lets you cancel and rebook up to 14 days prior to departure). Companies that organize larger groups, like Trafalgar, are also adapting their tours in the COVID context and their precautions may help you feel more reassured than traveling on your own.

As the science progresses and governments and businesses gain confidence in what measures work (and don't work), we should see more consistency of rules and practices. The World Travel & Tourism Council proposed a set of Safe Travel protocols based on WHO and CDC guidelines, aiming to prevent the emergence of different standards, minimize unnecessary delay in recovery efforts, and build confidence amongst travelers and those who work in the industry. The U.S. Travel Association, collaborating with medical experts and stakeholders throughout the industry, also released guidelines for "Travel in the New Normal." Many transportation, accommodation, restaurant, and attraction businesses are adopting these guidelines.

Registering with your government that you're traveling abroad, as with the State Department's Smart Traveler Enrollment Program (STEP), helps your embassy provide destination-specific information and contact you in case of emergency. Check news and local resources, including public health authorities, so you're aware of the current situation in the destinations you want to visit. For sites and attractions, check for limits on the number of visitors, not only for your safety but so you know whether to reserve in advance or arrive early to avoid disappointment. Remember that information can change

frequently. For a more detailed list of helpful contacts, please see our Travel and Health Resources chapter at the end of this e-book.

What to Pack

Traveling light and environmentally friendly isn't as easy as it was prepandemic. You'll want to bring necessities to help keep you and your traveling companions safe, as well as bring items to minimize the chance of you spreading the virus. If you're worried that restaurants, grocery stores, and pharmacies won't be open, traveling to that area probably isn't a good idea.

CLOTHING CONCERNS

Consider packing a few more clothes than you normally would, unless you're staying at a place with laundry facilities. It might bring peace of mind to change from outdoor clothes (which have a chance of being infected) into clean indoor clothes once you enter your hotel. There aren't any studies yet which show how long the COVID-19 virus lives on fabric, but you might not want to re-wear clothing the next day if you haven't been able to keep physically distant from others. Don't forget a large plastic bag to keep your potentially infected clothes separate from the clean ones in your suitcase.

COVID-RELATED ITEMS

To keep your hands clean when you're not near a sink, you'll need hand sanitizer and to keep surfaces clean, you'll need disinfecting wipes. These popular items can be hard to come by, so it's wise to bring whatever you need. Several brands make disinfecting wipes, but not all wipes are strong enough to kill viruses. Clorox Disinfecting Wipes and Purell Professional Surface Disinfectant Wipes are two that are on the EPA's list. Hand sanitizer needs to have at least 60% alcohol to effectively kill the virus. Until further

notice, the TSA is allowing each passenger to have in their carry-on bag one bottle of hand sanitizer up to 12 ounces in size (normally the limit is 3.4 ounces). Non-U.S. airports may still restrict the size of any liquid to 3.4 ounces.

Wearing a cloth face-covering is useful to minimize the chance of you spreading the virus to others, especially in places like planes and stores where it's difficult to keep a 6-foot distance. Remember to reserve medical-grade masks for health-care workers, though. You don't need a washer/dryer to clean your homemade mask; it's okay to wash fabric masks by hand using soap and hot water. If you can't dry it in a dryer, ideally let it hang to dry in the sun. Bring a few resealable plastic bags, too—they're ideal for storing your mask during a restaurant meal.

As far as wearing gloves, the CDC doesn't recommend gloves for normal activities, as they'll be dirty as soon as you've touched something and it's easy to contaminate your hands taking them off. It will be easier to keep your hands clean by using a cloth to open doors (you can reuse it throughout the day, just fold it dirty side in and store it in a plastic bag; wash it thoroughly every night). Be considerate of people who collect your trash by being careful where you throw away used wipes, gloves, and masks (by putting them into a used plastic bag first, for example).

Consider adding a thermometer to your first aid kit. With hotels and theme parks increasingly likely to check guests for fever upon arrival, it might bring peace of mind to know your own temperature (plus prevent inadvertent transmission of the virus). If you are subjected to mandatory self-isolation or quarantine, you may need a thermometer to record your temperature for daily reports, for example, as Hong Kong now requires of new arrivals.

How to Decide If You Should Travel



Before you book your accommodations or head for the highway, ask yourself a key question: Will traveling put you or those you care about at risk?

It's true that anyone can get COVID-19, but some people are more likely to get very sick when they have it.

Older adults, especially those over 65, have a greater chance of having severe complications from COVID-19. The same is true for people with weaker immune systems or those living with some types of medical conditions, including:

- Diabetes
- Moderate to severe asthma
- Heart disease
- Cancer
- HIV/AIDS
- Kidney disease

Liver disease, obesity, and smoking also raise a person's chances of getting sick.

If you or a family member have any of these risk factors, you'll want to think carefully about whether your trip is necessary, especially if you're heading to an area with a high rate of infections. If you're traveling to visit someone who fits in one of those high-risk groups, you'll want to be especially cautious that you don't bring the disease to their doorstep.

Starting two weeks before your trip, keep an eye out for signs of COVID-19

in anyone who will be traveling. Symptoms can show up 2 to 14 days after exposure to the virus. They include:

- Cough
- Fever
- Chills
- Trouble breathing
- Muscle pain
- Sore throat
- New loss of smell or taste

Nausea, vomiting, and diarrhea can be signs of infection, too.

If you have even one of these symptoms, it might be best to stay home. Also, keep in mind that it's possible to be infected with the virus without having any symptoms. That means you could unknowingly spread the disease to someone else. If you think you've been exposed, you may want to ask your doctor about getting tested.

If you do travel, do your best to avoid contact with people showing symptoms. Wash your hands often with soap and water. Limit your time in public places and, when you are out and about, wear a cloth face mask that covers your nose and mouth.

—*Sharita Hanley*

SOURCES: CDC, Harvard Health, Johns Hopkins Medicine, Cleveland Clinic

FOOD AND DRINK CONCERNS

Standard water treatment kills viruses, so tap water that was safe to drink before COVID remains safe. There's no new need to buy bottled water. Taking your own refillable water bottle is always environmentally friendly and will be useful in hotels that have removed water glasses. Make sure you have the type where the lid completely covers the area where you put your lips and wash it regularly. Unless you're camping, there's no need to bring your own cutlery or plates. If you're wary of the utensils at the restaurant you're at, you should assess the risk of the food the same way (and be assured that most restaurants have carefully thought through COVID precautions). Due to the poor survivability of these coronaviruses on surfaces, there is likely a very low risk of spread from food products or packaging.

If you're flying, bring a water bottle to fill at the airport as well as snacks—many airlines are no longer serving refreshments on short-haul flights. If you're driving a long distance or through a remote area, you might want to be extra careful and bring a few more snacks than you normally would. This can minimize your need to stop in places where you might bring the virus or places that are facing challenges keeping goods in stock. If you're staying in a small community or remote area and cooking your own meals, consider bringing your groceries from a major center so as not to deplete the limited supply for residents.

Tap-and-pay debit and credit cards help you keep your hands off PIN pads; check with your provider to see what your limit is for transactions that don't require a PIN or signature. There's a lot of misinformation about whether COVID-19 can be transmitted through cash and that means some places are wary of accepting it. The WHO has not put out a warning about using cash, but reiterates the importance

of always cleaning your hands after handling money, especially before eating.

Given all the extras you need to carry around with you, it helps to have clothes with lots of pockets or a bag where you can access your stuff without having to touch too much. Ideally, clip hand sanitizer to the outside of your bag with a carabiner and designate specific spots to keep clean items separate from items that might have COVID virus on them. Keep a few plastic bags on hand to store contaminated items.

As with other valuables, it's always wise to leave any expensive jewelry and watches at home when you travel. With COVID-19, rings and wrist-wear might prevent a less-than-thorough hand wash—another reason to keep them at home in a safe place.

We've created a printable COVID packing checklist. Please visit www.fodors.com/covidpacking.

Traveling with Kids

Children, especially infants and toddlers, will need extra guidance and assistance from their parents to remain safe while traveling during the pandemic. Prepare kids for travel well before the trip starts and embrace the open road for a (relatively) stress-free pandemic vacation.

WHERE TO TRAVEL WITH KIDS

Right now the best trips to take with kids are those where there is plenty of space and few people. Skip high-traffic tourist attractions and head for the great outdoors but still be sure to practice social distancing, hand washing, and mask-wearing. Driving to a destination or taking a road trip instead of flying will further minimize the need to monitor children's hygiene habits and help keep them out of the way of the virus.

How to Keep Everyday Items Clean



Although the coronavirus that causes COVID-19 mainly spreads through person-to-person contact, it can live on surfaces, too. Studies have shown that it can stay contagious for hours and sometimes even days on different materials. If you touch something that's contaminated and then touch your nose, mouth, or eyes, it's possible that you could become infected. The things that you or other people touch often are the most likely to carry the virus. When you're traveling, those items can include:

- Phones
- Wallets
- Credit cards
- Cameras
- Keys
- Touch-screen devices, like tablets or gaming consoles
- Headphones
- Glasses or sunglasses

This doesn't mean you need to dump everything in your pockets or purse in bleach each day. For most hard surfaces, you can use a disinfectant spray or a wipe that's at least 70% alcohol and rub those items clean. For electronics, follow the manufacturer's instructions for cleaning,

or put wipeable covers or cases on your devices. To clean eyeglasses or sunglasses, you can use soap and water.

It's also a good idea to use a disinfectant spray or wipe to clean highly touched areas like tables, hard-back chairs, doorknobs, light switches, remote controls, keyboards, computers, handles, desks, toilets, and sinks. Whether you're staying at a hotel, a vacation rental, or even a friend's or relative's house, it's a good idea to make sure those items are clean.

What about clothing, purses, backpacks, or other fabrics? It's not clear how well the coronavirus can survive on cloth, but experts say it's important to launder clothes thoroughly. Wash them at the warmest temperature they can take and dry them completely. If you don't have a washer and dryer near you, keep your dirty clothes away from your clean clothes until you're able to wash them.

Though cleaning your everyday items can lower your odds of picking up the virus, remember that the best way to protect yourself is to wash your hands often and avoid touching your face.

—Sharita Hanley

SOURCES: CDC, Mayo Clinic

PREPARE KIDS FOR TRAVEL IN ADVANCE

Use an upcoming trip as an opportunity to have an age-appropriate discussion with your kids about the coronavirus and to remind them why precautions like social distancing and hand washing will be even more necessary while traveling than they are at home. The

CDC recommends that when speaking to children about the pandemic parents remain calm and reassuring and make themselves available to listen and talk. Be honest with your kids about the facts and avoid language that might lead a child to blame or stigmatize others for the disease.

Begin building good hygiene habits in the weeks leading up to your travels. Teach them to wash their hands with soap and water for 20 seconds and how to use hand sanitizer. Help your child to be comfortable in a face mask by asking them to wear one for short periods of time each day in exchange for a reward (keep in mind that per the CDC, children under two should not wear a face mask). Help your children to understand what a distance of 6 feet looks like and practice keeping that distance in advance. Encourage your children to cover their coughs or sneezes and to keep their hands in their pockets in public.

KEEP KIDS AWAY FROM CLEANING PRODUCTS

The National Poison Data System has reported a 20% increase in poisoning emergencies this spring compared to the same time last year due to the increased prevalence of cleaning products during the pandemic. When traveling, it's just as essential to keep these items out of the reach of children as it is while at home. Keep track of chemical cleaners at all times and, when not in use, secure them in a child-proof bag or box. Children can become severely sick or even die from ingesting hand sanitizer and other toxic chemicals.

When using cleaning products in the car or a hotel room, open windows and doors to provide adequate ventilation. Be especially careful when using products that contain bleach. Bleach should never be ingested, used to clean produce, or in combination with vinegar, a solution that produces a deadly chlorine gas.

FLYING WITH KIDS

When flying with kids, reduce the risk of coming in contact with coronavirus by wiping down the seat tray, arm rests, television, seat belt buckle, and other high-touch areas with disinfecting wipes immediately upon getting to your seat. Carry on lightweight, breathable blankets to cover seats after they have been

cleaned. While research suggests that a plane's recirculated air system is unlikely to make passengers sick, coming into close contact with germ carriers can.

Before boarding and after deplaning, everyone in the family should wash their hands thoroughly with soap for 20 seconds. During the flight use hand sanitizer any time children touch anything in the plane that you have not personally disinfected.

Traveling with Pets

While pets are not immune to COVID-19, the risk of transmitting the virus to or from a dog or cat is very low, according to the World Organization for Animal Health. Practicing good hygiene and social distancing while traveling with a cat or dog can help to keep them, and you, safe.

TAKING PETS ON A ROAD TRIP

The best way to protect pets on a road trip is to treat them like any other member of the family: stay at least 6 feet from other people and animals and don't allow strangers to touch them. Wash your hands frequently, especially after handling urine or feces, and do not touch your pet immediately after entering a business, pumping gas, or interacting with others until you've had a chance to wash or sanitize your hands. Contrary to popular belief, touching a pet after applying hand sanitizer will not harm them, but wait for the solution to dry before doing so.

The safest way to travel with a pet in the car is to place them inside a secured crate or carrying case. This will prevent a dog or cat from being severely injured in a collision or from distracting the driver. Some dog owners, however, may prefer to use a combination harness-seatbelt or a barrier between seats to restrain them. Offer water frequently or use a no-spill

dish to provide access to water throughout the trip.

Dogs will also require regular breaks to toilet and stretch their legs. Prevent them from coming in contact with unfamiliar dogs and people by keeping them on a leash at all times while in public. In many places dog parks are closed but even in locations where they remain open, avoid entering if the space is busy and social distancing can't be maintained. Cats can be provided with a disposable litter box inside the car during pit stops.

Prepare for veterinary emergencies by identifying a local vet or 24-hour emergency clinic at your destination before you hit the road.

TAKING PETS ON A PLANE

According to the International Air Transport Association, many airlines have tightened their pet regulations during the pandemic. Pets are not currently accepted on flights in the cabin or cargo hold to many international destinations including China, Italy, and Turkey.

Most airlines, however, will still allow small pets under 20 pounds to fly in the cabin on domestic flights for an additional fee, as long as they remain in a carrier about 17" long x 11" wide x 9" high that fits under the seat. With an up-to-date doctor's note submitted at least 48 hours in advance, some airlines, including American and Delta, will allow larger service dogs and emotional support animals to ride in the cabin on the lap of their guardian or in the space in front of their feet.

It's on pets traveling in the cargo hold of a plane where most new restrictions have been implemented and the International Pet and Animal Transportation Association (IPATA) strongly recommends waiting to travel if you have a pet too large to fly in the cabin. While many airlines, including Delta and United, have suspended cargo pet travel completely, others including American Airlines have

resumed some pet transport services. Before booking a flight, check your preferred airline's current guidelines.

Travel in the cargo hold can be dangerous, so closely follow all pet airline safety regulations, which typically include:

- No pets under 8 weeks of age
- A sturdy pet crate with adequate ventilation, plenty of space to stand up and stretch out, and an attached water bowl or container
- A certificate of health dated to within 10 days of departure
- Proof of updated vaccinations
- Travel cancellations for temperatures above 85°F or below 45°F
- Breed-specific regulations for flat-nosed dog breeds with trouble breathing

A pet-shipping company can take care of some of the preparations for you, including providing a travel kennel and completing customs paperwork. Find a trustworthy pet shipping company on the IPATA website: [ipata.org](https://www.ipata.org).

Medical Concerns

With hospitals and urgent care centers busy treating patients with complications from COVID-19, it's never been more important to make sure you are in good health before you leave for your travels. This is especially true if you plan to be on the road for several weeks or will be visiting a developing country where good medical care is hard to access.

CHECK-UPS AND VACCINATIONS

Unless you are feeling unwell, it's probably unnecessary to visit your doctor for a physical prior to your trip. Those traveling outside of the United States, however, may need to visit a doctor to make sure they are up-to-date on routine vaccinations, as well as those that protect against local diseases such as yellow

fever and typhoid. Some countries even require visitors to show proof of certain vaccinations before entering. Find out the recommended and required vaccines for the countries you are visiting by checking the World Health Organization or the CDC's Travelers' Health page. While routine vaccines can likely be administered by a regular health-care provider, less common vaccinations may require a visit to a travel medicine specialist. Use the HealthMap Vaccine Finder (@vaccinefinder.org) to locate a convenient travel medicine specialist. The CDC recommends making a vaccination appointment at least a month before your trip begins, though there may be some options available for last-minute travel.

MEDICATIONS

Always travel with enough prescription medication to last an entire trip, plus extra in case of delays (especially if you are unexpectedly quarantined for two weeks on an international trip). When flying or crossing international borders with prescription medications, keep them in their original, labeled containers inside your carry-on luggage. You may also want to bring copies of your prescriptions or a note from your prescribing doctor.

Over-the-counter medications should be accessible at most destinations but traveling with those you use most frequently can eliminate the hassle of finding a pharmacy. If you need over-the-counter medication abroad, write down the generic name of the active drug and show it to the pharmacist. In some countries, common medications are sold under different brand names than they are in the United States. And in some cases, even by different "common" names. For example, in many countries, acetaminophen (which we know by the brand-name "Tylenol" in the United States) is called paracetamol.

HEALTH INSURANCE AND TELEHEALTH

U.S. health insurance plans should cover emergency services at any hospital in the country as long as it is considered "life-threatening." For non-life-threatening emergencies, however, some insurance companies will deny claims for medical care at out-of-network hospitals and urgent care centers. Supplemental insurance policies—either critical illness/accident coverage or a health indemnity plan—can cover any gaps in your standard policy.

For illnesses on the road that do not require a visit to an emergency room or urgent care center, it may be possible to see a doctor remotely through telehealth. Many health-care providers in the time of COVID-19 have increased the use of telehealth and are able to consult with patients over HIPAA compliant video conferencing platforms. Doctors can also provide prescriptions through telehealth. Check with your health insurance provider and/or general practitioner before your trip to find out how to access telehealth while traveling in the United States or abroad (read more about using telehealth in Chapter 3).

ACCESSING HEALTH INSURANCE ABROAD

Many U.S. health insurance providers including Medicare (with some limited exceptions) will not cover patients who become sick or injured abroad. Those that do offer some coverage typically require that you pay your medical expenses out of pocket then submit for a reimbursement later. Contact your health insurance company before your trip to find out their travel policies.

Purchasing a separate travel insurance policy will provide extra coverage for any gaps in your standard coverage. A travel insurance plan typically runs about 5%–8% of the total trip cost and, in addition to emergency medical coverage, should provide 24/7 emergency

assistance, emergency medical evacuation, and protections for trip cancellations and interruptions.

Travel and Other Insurance

Welcome to the postpandemic world where at any given moment your trip can end, a flight can be canceled, a cruise ship can be quarantined, and a country can simply close its borders. In an age of travel uncertainty, and especially during this age of pandemics, it's important to cover all your bases and prepare for all eventualities. Here's a breakdown of insurance and whether you should consider buying some to cover your next trip.

AIRLINE COVERAGE

Should you buy airline insurance when booking a ticket right now? That depends on the specific airline's policies. If you bought flights before the onset of COVID cancellations, most airlines are allowing you to cancel or make flight changes for free. American Airlines for example is offering free changes for flights bought until May 31 and United is offering to waive all fees for tickets bought or issued before March 2.

At the same time, American Airlines uses Allianz Global for their coverage, so you're back to the regular insurance companies as is. Basic rule of thumb, you may not need insurance for cheaper domestic flights, but you might consider it for international travel with the fluidity of border closings during a pandemic. As with anything else, read the fine print and keep checking their websites as they are constantly being updated with new developments.

CREDIT CARDS

The good thing about some credit cards is that they provide fairly decent insurance coverage—as long as you used the card to purchase the flight/hotel/cruise

and so on. Cards like the Chase Sapphire Reserve offer trip cancellation of up to \$10,000 per person on nonrefundable expenses. They also cover rental car damage, travel accidents, lost luggage, trip delays, and emergency evacuations. Other cards like American Express Platinum offer similar services with the added benefit of legal advice.

For pandemics specifically, as long as you get a note from your physician advising you to cancel a trip and notify either American Express or Chase within 48 hours, your coverage should kick in. But with both cards, if you simply choose not to travel because of the possibility of getting COVID-19, you likely won't be covered for any cancellations.

CRUISE COVERAGE

All the regular insurance companies and the cruises themselves offer cruise coverage, and it's certainly something worth considering. You typically front a huge amount of money when you plan to take a cruise, so it's smart to cover yourself during a pandemic. Like airlines, many of the cruise companies are offering temporary changes for free, but make sure to double check with the company before purchasing.

Again, the important thing to consider is "foreseen" events. Like SARS, Zika, and other epidemics of the past, COVID-19 probably won't be covered in the future, but comprehensive plans will still work if you get sick and have to cut a trip short for a medical reason.

EMERGENCIES

If, during your travels, you are involved in a serious emergency, from COVID-19-related illnesses or otherwise, you might want to consider a company like Medjet, which offers important supplements that the main insurance providers do not.

According to the company, Medjet claims to be the only insurer that is covering people who need to be transported out of a country because of active COVID-19

Q&A with an Industry Expert



Q&A with **Daniel Durazo**, the Director of Marketing and Communications at Allianz Travel, one of the leading travel insurance companies covering 35 million travelers.

Should you purchase travel insurance and why?

The world has become an unpredictable place. So many unexpected events—from hurricanes and other weather-related events to injuries or illness to canceled flights or lost bags—can occur that would cause a traveler to cancel or interrupt their trip, so it makes good sense to protect your investment with travel insurance. Travel insurance may reimburse you for covered losses and help you get where you're going.

How much do policies typically cost?

Most policies cost between just 5% and 10% of trip cost, so it's an investment that could prevent major headaches. Additionally, Allianz Travel customers have access to a 24/7 in-house customer service team providing travel and medical assistance and the TravelSmart app can help with real-time travel problems, allowing you to access your travel insurance policy or even file a claim. It provides one-touch dialing to customer service and emergency medical services, offers translations for first aid terms and medications and even has a geolocation function to find the closest appropriate health-care facility, police station, or embassy.

What are the best plans you offer and what do they include?

Benefits vary by plan. Those traveling just once or twice a year can opt for a single-trip plan, while those traveling more than two to three times a year can consider an annual policy, which offers considerable savings when compared with buying multiple single-trip policies.

Two types of travel insurance coverage are cancellation coverage, which protects prepaid, nonrefundable trip deposits for things like airline tickets, hotel rooms, rental cars, tours and cruises, and postdeparture benefits such as coverage for baggage, travel delays, and medical emergencies.

Allianz Travel's most popular plan OneTrip Prime includes key benefits like trip cancellation/interruption, emergency medical, and emergency transportation coverage. Kids 17 and under are also covered for free when traveling with a parent or grandparent.

Do you cover hospital stays/evacuations?

Some products include emergency medical coverage, which provides benefits for losses due to covered medical and dental emergencies that occur during a trip. This coverage can also guarantee payments, where accepted, if you'll be hospitalized for more than 24 hours.

We also offer emergency medical transportation benefits, which can help protect the insured: medical evacuations can range in cost from \$20,000 to more than \$100,000,

depending on the traveler's health condition and their location in the world. Allianz Travel's OneTrip Premier has up to \$50,000 in emergency medical benefits and up to \$1 million in emergency transportation benefits, and for travelers not concerned with trip cancellation and only emergency medical expenses while abroad, the OneTrip Emergency Medical Plan covers up to \$50,000 in emergency accident and sickness medical expenses, and \$250,000 in emergency evacuation benefits.

Emergency medical care and transportation is especially important for international travel because many domestic health care plans may not be accepted outside the United States, and Medicare won't cover medical expenses abroad.

How are you handling coverage with COVID-19?

We are currently assisting customers around the clock who wish to change their travel plans, need travel assistance, or would like to file a claim. Until further notice, although not covered under most plans, Allianz is accommodating claims for emergency medical care for a customer who becomes ill with COVID-19 while on their trip. And, trip cancellation and trip interruption if a customer becomes ill with COVID-19 either before or during their trip.

These accommodations are strictly applicable to COVID-19 and are only available for customers whose plan includes the applicable benefit. Allianz has also temporarily expanded their normal refund period (typically 15 days, depending on the state) to allow any customer whose trip has been canceled by their travel supplier

(airline, cruise line, etc.) due to COVID-19 to cancel their plan for a full refund. We're also allowing customers to move their plan's coverage dates to cover a new or rescheduled trip anytime within 770 days of their initial purchase if they wish.

Do you offer pandemic coverage and if not, are you planning on doing anything in regard to pandemic coverage?

Although travel insurance policies do not generally cover pandemics, we are working hard to assist our customers as best we can. The situation is very fluid as the crisis around COVID-19 continues to unfold.

infections. Additionally, the company is transporting customers for post-COVID complications and for any long-term recovery and hospitalizations. Medjet helped numerous customers get home once the pandemic became official, but now that it is a known threat, security evacuations are no longer covered by the company, though safety threats like violent crime, natural disasters, terrorism, and kidnapping are still covered.

TRAVEL INSURANCE COMPANIES

Like most things in life, you get what you pay for. Insurance companies typically offer a couple different types of plans. The plans are either single-use or annual payments (for more frequent travelers) and usually break down into basic trip cancellation and comprehensive policies.

Basic plans can cover things like losing your bag, having to cancel because of an illness, or just missing a flight connection. Comprehensive coverage goes well beyond including major medical emergencies, evacuations for disasters, and even dental issues.

When it comes to COVID-19, however, not all insurance companies are the same. For example, AIG Travel Insurance, or Travel Guard specifically does not cover losses for trip cancellations, interruptions, or delays because of COVID-19 for policies purchased on or after March 11 as they consider this to be a “foreseen” event. Allianz Global Assistance, meanwhile, is making exceptions to their normal policy and is accommodating customers under some plans for emergency medical care and trip cancellations or interruptions due to COVID-19.

More boutique insurance companies like Seven Corners go even further and will cover customers who are forced into quarantine under specific instances like if a government has ordered it and/or the quarantine is 24/7. Of course, it depends on the type of coverage you choose and

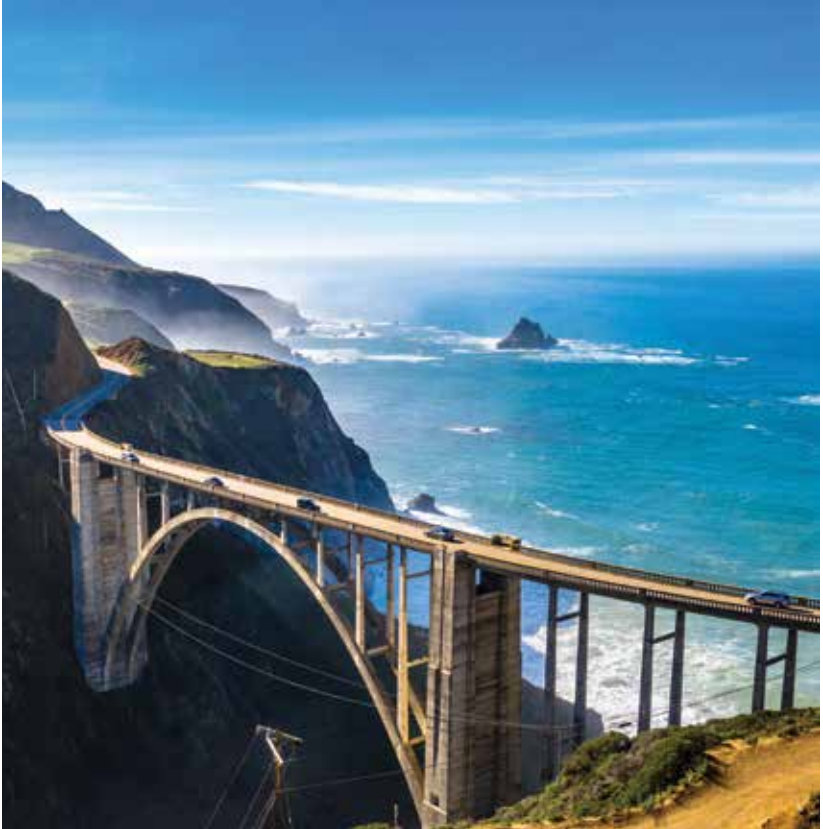
like most insurance companies, all cases are subject to their approval and their scrutiny.

Bottom line, do your homework, read the fine print, and make sure you’re covered. Insurance coverage is typically for unforeseen events, and now that we know COVID-19 exists, it isn’t going to be easy to find coverage. If you want to truly be safe, look for insurance companies that offer policies where you can “cancel for any reason.”

Chapter 2

GETTING THERE AND AROUND

By Paul Feinstein,
Shoshi Parks, Johanna Read



Transportation is such a huge component of travel and can be fraught with all kinds of worries, especially as people are starting to think about planning road trips or even a trip that requires taking a domestic flight. Here are some practical things you can do to make the “getting there” aspect of your trip as safe as possible.

Air

To entice travelers to take to the air as restrictions lift, ticket prices are low (for now, anyway), change fees are reduced or eliminated, and cancellation policies remain flexible. You should get a refund if the airline cancels your flight (though you might need to insist), but only a voucher if you decide to cancel (likely valid for a longer period than prepandemic). Your preferred airport may no longer be available as some airlines are consolidating flights to fewer airports. Delta, for example, has temporarily suspended flights to Oakland in favor of San Francisco as of this writing.

The risk of infection from the air on a plane is low. The CDC says the “cabin air environment is not conducive to the spread of most infectious diseases” thanks to HEPA filters that “capture 99.9 percent of particles (bacteria, fungi, and larger viruses, or virus clumps).” However, it is possible to contract COVID-19 if someone coughs near you or if you touch a contaminated surface and then touch your eyes, nose, or mouth.

NEW AIRLINE GUIDELINES

Airlines are making changes accordingly and the CDC provides guidance for airlines and airports. Airlines have stepped up their cleaning regimes, with each plane thoroughly cleaned nightly and sometimes in between flights, too. The three major U.S. airlines (American, Delta, and United Airlines) are now using an electrostatic fogging regime as well. The system sprays a fine mist of high-grade disinfectant with positively charged particles so that the disinfectant sticks to surfaces rather than simply falling to the floor.

Airlines are also trying to give more space to passengers. Some are selling fewer tickets, while others, like United Airlines, are advertising that they’re blocking the booking of middle seats. The fine print shows, though, that “blocking” doesn’t mean that middle seats will be empty. Codeshares and flight consolidations might mean more crowded flights than you’d expect and, despite the downturn, some flights have been full. In response to passenger complaints, United Airlines announced on May 11 that they will do their best to notify

passengers in advance if their flight is “closer to full capacity.” Passengers will also be notified at the gate if more than 70% of passengers have checked in and can rebook or receive a travel credit.

First requiring flight attendants to wear masks, most U.S. airlines are now asking passengers to wear face coverings, too. In the absence of national policy, each airline’s rules are different. For example, Delta requires passengers to wear masks starting at the check-in process. Airlines can deny boarding to anyone not wearing a mask and staff are encouraging passengers to wear them on board. However, enforcement in the air is difficult, and the three major U.S. airlines have said that a passenger refusing to wear a mask is not considered disruptive enough to divert a flight. So, be prepared for the possibility of a person without a mask sitting next to you.

Masks and other COVID supplies are starting to be for sale in airports, but supplies may be limited. Some airlines say they’ll provide you with a mask, but it’s unclear what would happen if you don’t have one and they’ve exhausted their supply. Note that if you wear a mask within the airport, the TSA expects you to lower your mask to have your identity verified at checkpoints. Touching a mask with dirty hands is a health risk, so use the hand sanitizer before and after taking your mask off so you don’t contaminate the mask.

The TSA now allows each passenger to have one bottle of hand sanitizer up to 12 ounces in size (up from the normal max of 3.4 ounces) in their carry-on bag. Some airlines are also advertising that they’ll provide passengers with antiseptic wipes and hand sanitizer once on board. Because supplies aren’t unlimited, it’s best to ensure you have your own.

Airports are also receiving enhanced cleaning and hand sanitizer is usually available. Most airlines have closed their

lounges, both due to lack of demand and as a cost-cutting measure. Airport restaurants are generally open, though with reduced seating.

A silver lining of the pandemic: airlines are implementing much more organized ways of boarding flights (generally starting from the rear of the plane, with only three to five rows called at a time). Chaotic preboarding crowds at the gate may be a thing of the past. However, if you have a seat number close to the front of the plane, consider the likelihood of whether overhead bin space will remain available by the time you board.

INTERNATIONAL FLIGHTS

The CDC is currently recommending against all nonessential travel to all global destinations, but if and when that changes, travelers will want to be ready. Rules for international travel differ depending on the destination. Individual airlines, airports, and governments are all testing and implementing new measures. Eventually, requirements should become fairly standardized, as they did for the size of liquids allowed in carry-on bags. However, jurisdictions will continue to differ on the scientific evidence they require before implementing decisions.

For example, as of April 20, Canada requires passengers departing from or arriving in Canadian airports to complete a health questionnaire and confirm they have a nonmedical face covering and wear it under certain circumstances. Some Emirates passengers are required to take a 10-minute COVID-19 blood test prior to boarding, and the airline is limiting the amount of carry-on luggage allowed on board. Heathrow is testing a UV sanitation system for trays at security checkpoints and determining whether COVID-sniffing dogs can help screen passengers. Hong Kong is testing Clean-Tech, a booth that supposedly provides full-body disinfection in 40 seconds. For international arrivals, Hong Kong has an eight-hour-long COVID arrival process.

Once you land, you fill in a health declaration, get a COVID test and wait for the results, and get set up for a mandatory 14-day quarantine (you provide information on where you'll stay, how you'll get there, receive a tracking bracelet and download an app to record temperature and symptoms throughout the quarantine period).

Several countries are discussing "immunity passports," however questions remain on the legality, fraud, equitable availability, and, especially, whether recovering from COVID-19 provides immunity or not. If a vaccine is developed, it's likely that airlines and countries will insist on proof of immunization.

Check current rules with your airline when you buy your ticket and again just prior to departure so you know exactly what applies for your flight. We are sure that safety protocols will continue to evolve.

Car and Taxi

With a little preparation, driving in a personal or rented car is the safest form of travel during the pandemic. For shorter distances that can't be covered on foot, a taxi or rideshare will better minimize exposure to coronavirus than taking public transportation.

CAR

On the road, keep interactions with the public to a minimum. Bring food, water, and over-the-counter medications from home and wear a mask when entering businesses, at busy rest stops, and at tourist attractions. At the gas station, pay with a card instead of cash so there's no need to enter the store. After pumping gas immediately use hand sanitizer. In public restrooms, touch as little as possible and wash hands thoroughly before leaving. Use a paper towel or tissue to turn off the faucet and open the door. If it's necessary to stop for food, order

from a drive-through window and eat inside the car or outdoors at least 6 feet from other travelers instead of entering a restaurant to order or dine in.

In parking lots and at rest stops, choose isolated spots where there are fewer cars. When traveling with a pet who needs a potty break or kids who need to stretch their legs, head away from high traffic areas and practice social distancing. Before returning to the car, sanitize hands and any object that may have come in contact with the virus (such as a credit card) thoroughly.

Clean and sanitize the car daily, especially any features that get handled frequently, including door handles, seat belts, radio dials, vents, window switches, stick shift, steering wheel and the levers for turn signals and headlights. Disinfectant wipes work well on most hard surfaces in the car and a spray like Lysol will effectively kill the virus on cloth seats as long as it has time to dry. For touch-screen dashboards, use a microfiber cloth and use leather-specific wipes for disinfecting leather seats or accents.

RENTAL CARS

Major rental car companies are taking extra precautions to keep drivers safe. Hertz, Avis, Enterprise, and Budget, for example, have all updated their cleaning routines and are disinfecting high-touch areas inside their cars such as the steering wheel, dashboard, and seats after each customer return. Other changes rental car companies have implemented include:

- Flexibility in reservations including no-fee for cancellations or changes
- Enhanced cleaning inside offices and in airport shuttles
- Limits on the number of passengers on each shuttle bus
- Paperless rental agreements

Q&A with an Industry Expert



Q&A with **David A. Banmiller**, former CEO of several airlines and author of *Turbulence: Fifty Years on the Leading Edge of the Airline Industry*

Domestic travel has restarted, when do you think international travel will restart?

Perhaps in the fall for international travel. I don't think we'll see a full return until 2022.

The world's economy is suffering because of COVID-19, how can travel help address it?

Aviation drives 5% of U.S. GDP. There'll be no recovery without air travel, both for business and leisure. Air travel drives most economies.

What COVID changes do you think sound reasonable but don't actually make that much difference?

Blocking the middle seat. You're still within six feet of several other passengers. If everyone is wearing a mask and you're careful about not touching your face, the chance of contracting COVID-19 on a plane seems to be slim. And keep in mind that anything that reduces seating will result in higher fares.

What are one or two things you think passengers should do differently?

It's important that you don't travel if you have symptoms like a fever or a cough. Even though you might just have a cold, you risk being turned away at the airport as well as infecting other people. Similarly, if you've had contact in the past 14 days with someone who has COVID-19, you

shouldn't fly. It goes without saying that if you've tested positive for COVID-19, you shouldn't fly, even if you don't have any symptoms. Otherwise, try not to touch things on the plane and sanitize your hands after you cough, eat, touch your face, and visit the restroom.

We've seen stories about new airline seating, like having the middle seat facing backward. Do you think this would actually be safer in the COVID context?

No. You're still sitting within six feet of other people. Plus, the middle seat facing backward means three people would be facing each other. In theory, that means a cough or a sneeze might project particles toward another person's face instead of toward the seatback.

How should airlines balance the potential fears of passengers with what the science says about risks?

It would be useful to raise passenger awareness of their actual risks aboard planes, as well as the risks of air travel compared to many of the other activities they participate in. Flight attendants might need more training to help reassure passengers, especially if someone refuses to wear a mask.

In the medium- to long term, how will COVID-19 affect the travel industry?

There will be fewer planes flying for the next two years. Fares will be driven by demand. Airlines are only going to be able to make minimum investments in new equipment.

- Curbside rental pick-ups and digital receipts
- Drop-offs that do not require contact with agency staff (if there is any damage to the car, take photos)

Before booking a rental car, check to make sure that the office where you plan to pick up the vehicle is still open. Many of the major companies have temporarily closed locations where demand is low or risk is high. Visit the company's website for updated information about their operations during the pandemic.

TAXIS AND RIDESHARES

For short rides, taxis, and rideshares like Uber or Lyft may be less risky than using public transportation but, because it is impossible to maintain 6 feet of social distance from other passengers in a car, it's still important to take precautions during the ride.

In a taxi or rideshare, minimize potential virus transmission by wearing a mask and requesting that the driver does, too (in many cities it's a requirement). In fact, Uber now requires both riders and drivers to wear masks and before a driver can accept a trip, they must take a photo to verify that they have one on. The company also advises riders to no longer sit in the front passenger seat to maximize social distancing. The plastic barrier between driver and passengers found in some taxis provides an extra layer of protection. Since virus particles can be spread through ventilation systems, leave the air-conditioning off. Instead, maximize air flow by opening windows. Studies show that opening just one window three inches wide can keep virus particles from accumulating inside the car.

While taxi and rideshare drivers are being encouraged to frequently clean the interior of their vehicles, it's likely most aren't wiping down hot spots between each ride. Minimize your exposure by touching only what you have to (seat belts, door

handles, and window switches) and keep your hands away from your face. When you get out of the car, sanitize your hands immediately and wash them with soap as soon as possible.

Cruise

Though the majority of cruise ships did not have COVID-19 cases, there were several high-profile stories of ships turned away from ports, sometimes because of respiratory symptoms or COVID cases on board and sometimes out of fear. Governments count COVID cases aboard cruise ships, but not those, for example, at hotels, conferences, or universities.

When the WHO declared COVID-19 an international public health emergency, cruise lines responded. For example, within 48 hours members of Cruise Lines International Association (CLIA), the world's largest cruise industry trade association, enhanced health and travel history screening for all passengers and crew, implemented even deeper sanitation protocols, and, after the WHO declared the pandemic, voluntarily announced the suspension of operations.

As the pandemic progresses, cruise travel is on hold with most cruise lines suspending their operations until at least July. Many governments, including the United States, are still advising their citizens against both international travel and against cruise travel, and implementing restrictions on people returning from cruise travel.

Many cruise lines plan restarts between July and September, pending, for example, the lifting of the CDC's No Sail Order. Certain conditions need to be met before that order is changed and it's likely in place until July 24. Many destinations (like Canada and Alaska) have delayed the start of the cruising season until at least July 1, have canceled it entirely for

2020 (such as for Canada's arctic region), or are allowing passengers to disembark only if they are able to self-isolate for 14 days. Several cruise lines have changed and canceled their itineraries accordingly, including if regional cruising seasons would be too short to be viable. Check Cruise Critic (www.cruisecritic.com) for updated restart plans and for port closures.

A clean environment has always been important on cruise ships, given how easily pathogens like norovirus can spread. Brands that belong to CLIA are required to have "robust" plans for preventing and responding to communicable disease outbreaks.

SAFETY MEASURES

Cruises have always encouraged frequent hand sanitizing, especially when passengers enter restaurants. Expect this to be mandatory for the future. Buffets, always popular on cruises, will first return with crew plating your selections for you. If buffets do return to normal, expect hand sanitizing to be required every time you go up to the buffet. You should clean your hands again when you return to your table, as well as after touching a menu. Dining at communal tables will also likely be restricted for a while.

Many guests likely feel they can protect themselves from COVID-19 by being careful what they touch, washing hands frequently, avoiding elevators, and keeping 6 feet from others. However, concern remains about factors outside the control of passengers and of the cruise lines themselves, such as countries' last-minute decisions not to allow ships to dock in their ports.

You might feel more comfortable booking smaller ships like Windstar Cruises, Viking's river cruises, or Crystal Cruises' 62-passenger yacht, given fewer passengers and more port flexibility. Or you may prefer bigger ships, perhaps opting

for a premium booking with exclusive restaurant and lounge access and priority embarkation and disembarkation, such as with Princess Cruises' Club Class.

Most cruise lines have yet to announce specific measures to respond to COVID-19 beyond what they put in place in February and March. Cancellation policies will likely remain flexible, although it might mean credit for a future cruise rather than a refund. Time limits on when that credit expires may be further extended to attract bookings. Each cruise line has different cancellation policies, so read the fine print carefully. Depending on when you booked and when your cruise is planned, major lines like Princess, Viking, Windstar, Seabourn, Holland America, Norwegian, Regent Seven Seas, and Oceania are offering 125% credit for a future cruise (time limits vary) or a full refund. Royal Caribbean, Celebrity, and Azamara also extended to September 1 their Cruise with Confidence policy, which allows cancellations up to 48 hours prior to sailing.

Health questionnaires, in place before COVID-19 and then enhanced, may become more detailed. You already need to report any respiratory and gastrointestinal symptoms and often will have your temperature checked. New requirements might include, for example, listing all the cities and airports you've been in for three weeks prior to your cruise. If an outbreak is reported in one of those areas, passengers could then be subject to precautionary isolation in their cabins.

Cruise lines might take additional measures, too. For example, reducing the number of cabins available to be booked can reassure passengers. Not only would this provide more space on board, but more options would then be available for quarantining anyone who does show respiratory symptoms (guaranteeing a move to a balcony cabin if quarantined would likely increase booking confidence, too). When you book, ask what would happen

if you need to be quarantined. We are sure that safety protocols will continue to evolve.

Train

Traveling by train is one of the great ways to immerse yourself in a place. As the world whooshes by, you can witness the busy confines of a city, the long coastlines of a peninsula, or the rolling hills of endless countryside. Train travel is fast, smooth, and often much cheaper than their flying counterparts—but can it be safe in a health crisis? Being that a train trip is typically longer than a car trip, and you are more likely to eat while aboard, how can you stay safe on a train, especially as you're confined with many other passengers?

During and after a pandemic, train travel as you may have known it will cease to exist. While the views are still the same, the policies are drastically changing to meet the needs of the current climate. Of course, every country and policy is different, but you can broadly expect to see mandatory mask policies, occasional temperature checks, vigorous sanitation efforts, and potential delays because of all the measures.

The CDC has issued specific guidance for rail operators, workers, and customers. In addition to advising to frequently wash your hands, wear masks, and avoid touching your face, it goes further by telling operators to enact stronger sick leave policies, to implement training on sanitation techniques for employees, and to provide disinfectant supplies to keep all train areas clean at all times.

UNITED STATES

Amtrak is the main train service across the United States with both long haul and commuter lines traversing every part of the country. Because of COVID-19, Amtrak has instituted several new policies to keep both their staff and

customers safe and secure. At time of writing, Amtrak is requiring all customers to wear face coverings with the exception of eating areas, within private cabins, when you're sitting alone, or with a companion in your own seats.

Amtrak has also begun new enhanced cleaning protocols, cashless service, and are waiving change fees for reservations made before May 31, 2020. To ensure social distancing on its tracks, Amtrak is temporarily reducing sales of all class cabins to 50% of available seating as well.

Like air travel, there's only so much you can control, especially when it comes to touching surfaces. Our recommendation is to wear a mask, bring disinfectant wipes, and be on the lookout for Purell stations.

EUROPE

As of this writing, almost all train travel throughout Europe has been postponed, limited, canceled, and restricted in some way. One of the most commonly purchased train tickets for tourists in Europe is the Eurail Pass, which allows you to hop on and off multiple trains around Europe with a one-time fee. Currently, Eurail is offering free exchanges for many of their ticket passes.

Of course, every European country operates their own trains and each country has different policies. Broadly, the European Union has issued a set of guidelines for all countries to follow. This includes wearing face masks, practicing social distancing, making hand sanitizer readily available, allowing a reduced number of customers, and limits on food and beverages, all to help avoid contact with others.

In the United Kingdom specifically, National Rail provides rail service to England, Wales, and Scotland, and like other places around the world has issued guidance to protect its customers. While the government itself has encouraged

Q&A with an Industry Expert



Q&A with **Kelly Craighead**, President and CEO, Cruise Lines International Association (CLIA), the world's largest cruise industry trade association

Cases of COVID-19 aboard a few cruise ships made the news. Can you share some facts?

While cruise ships may have made headlines during this crisis, the reality is that as of April 8, 2020, there were 2,816 confirmed cases (passengers and crew) of COVID-19 on board 43 of CLIA's 277 oceangoing cruise ships. For context—2,035 out of 2,816 cases (over 72 percent) occurred on five ships.

The vast majority of affected ships had very few cases (average of 20), likely thanks to effective management and isolation procedures by medical staff and crew. In total, confirmed cases connected to cruise ships account for 0.07% of confirmed cases globally.

In the health context, what makes cruises different from other aspects of travel?

What's different about the cruise industry is that oceangoing cruise ships are the only form of travel or transportation that must be medically equipped to care for passengers or crew in the event of illness. As a condition of membership within CLIA, cruise lines are required to fit their ships with medical facilities that meet the standards set forth by the American College of Emergency Physicians (ACEP), which require that doctors and medical personnel be available on board 24/7.

Additionally, cruise ships must have an examination room, an intensive care room and equipment for processing labs, monitoring vital signs and administering medications. Furthermore, cruise ships are subject to stringent reporting requirements, which is a big reason why we know more about the virus' impact on cruise ships, the smallest of any comparable travel sector, than we do almost any other setting within the travel or entertainment sectors.

What do cruise ships already have in place to keep passengers and crew safe?

Keeping passengers and crew safe has always been the number one priority for CLIA cruise lines. This is why the industry has a longstanding partnership with the U.S. CDC and the Vessel Sanitation Program (VSP) to make sure ships meet the strictest sanitation guidelines. No other travel, tourism, or entertainment industry has this type of federal program or oversight. As part of the program, cruise ship crews are trained in sanitation and health practices and ships undergo unannounced inspections twice a year.

When it comes to cleaning procedures, crews clean and sanitize surfaces—multiple times throughout the day—known for transmitting germs, such as handrails, door handles, and faucets. At the end of a voyage and before a new one begins, ships are cleaned completely from top to bottom.

CLIA cruise lines also help to educate cruise passengers on personal health and safety practices.

residents to avoid nonessential train travel, the railway is stepping up their sanitation methods, social distancing policies, and reduced service across the board. On the U.K.'s governing website, they offered further guidance for passengers, including staying two meters apart, wearing masks, using contactless payment methods, avoiding rush hours, washing hands before and after trips (don't touch your face), and generally adhering to rules and information from experts.

AROUND THE WORLD

Known for the best train system in the world, Japan's bullet trains zip across the country at hundreds of miles an hour and have near flawless records for being on time and for safety. While most of the restrictions are temporary, Japan has canceled more than 1,000 Joyful trains (trains with colorful characters painted on them, along with scenic routes), and have encouraged citizens to avoid nonessential travel.

The Japanese Health Minister has encouraged all people to frequently wash their hands and cover their faces with masks. The Central Japan Railway Company has also released safety guidelines and policies that include free refunds and changes on tickets, suspended service, and encouragement around mask usage and hand washing.

In a sign of what could become standard around the world, India has launched an app called Aarogya Setu for helping with contact tracing in regard to coronavirus. The government is requiring many of its citizens to download the app if they want to travel on airplanes and trains. On top of that, India is also asking its citizens to simply apply for movement passes during their lockdown for any essential travel needs.

In addition to contact tracing, Indian Railways are also stepping up their sanitation methods including face mask and glove requirements for workers, sanitizing all surfaces, and cleaning train bathrooms more regularly.

Chapter 3

ON YOUR TRIP

By Paul Feinstein,
Shoshi Parks, Johanna Read



While you're traveling, you will likely be staying in a hotel or perhaps a private rental and dining in a restaurant—or at least ordering takeout, so it's important to know that these businesses are engaging in best practices to keep customers as safe as possible.

Accommodations

The place where you sleep is, understandably, one of the places you want to feel the most comfortable and safe. Everyone in the accommodations industry is adjusting to reassure you that wherever you choose to stay, it's as clean and safe as possible. The big hotel brands are partnering with medical institutions like John Hopkins (Four Seasons), the Mayo Clinic (Hilton), and local ministries of health (Sandals), and implementing comprehensive new sanitizing regimes, technology, and protocols for how staff and guests interact. Smaller properties are doing the same.

NEW HOTEL SAFETY GUIDELINES

Choose properties that base their protocols on science and that have mechanisms to review and update their procedures. Training and care for staff—from providing personal protective equipment to ensuring their physical and mental health are supported—is an important aspect of guest safety, too. The WHO provides COVID guidance for the accommodations sector, the American Hotel and Lodging Association (AHLA) released new Safe Stay guidelines, and the websites of most properties will outline their new protocols in detail.

You can generally assume your room is clean and the chances of contracting COVID-19 within it slim. Accommodation brands want to ensure your room is as safe as possible (both for you and their staff) and that you feel like you can relax and enjoy your stay. There's no need to bring your own cleaning supplies to wipe down your light switches and taps, nor the need to bring your own sheets. But, do keep in mind that no matter how comprehensive new cleaning codes sound, they're implemented by humans and it is always possible for humans to make mistakes.

Remember that a key method of staying safe from COVID-19 is within your control: don't touch your face unless you have well-cleaned hands. Though enhanced cleaning is taking place in accommodations of all kinds, it's wise to minimize touching things like handrails and elevator buttons when you can. It's not harmful if you have to touch something; just clean your hands afterward.

Many hotels are working to minimize contacts at check-in and check-out. You might be able to use your phone as your room key and your TV remote. You should expect extraneous items will be removed from your room, sometimes even water glasses, pens, and paper. If you need them, you can request them or you may

prefer to bring your own. And don't count on the availability of high-touch items like coffee machines, minibars, or ice machines.

Keeping a 6-foot distance from other guests might be your biggest challenge in a hotel, particularly in the elevator so wearing a mask if you're going to be within 6 feet is the best protection (in the elevator and around the hotel in general). If you plan to go in and out of your room a lot or have a strict time schedule, consider requesting a lower floor room and confirming that you can access it via the stairs, so you don't have to wait for empty or uncrowded elevators.

Hotel restaurants are enhancing protocols, just like restaurants outside hotels, and working to add more grab-and-go selections and make room service contactless whenever possible. Hotel gyms might not be open, and, if they are, all the equipment might not be available. Gyms should be stocked with cleaning wipes. At the pool, you'll see lounge chairs spaced out more and swim-up bars may be closed. Swimming should still be possible (the biggest risk at pools and beaches is crowds, not the water). Hotel spas might be some of the last services to resume. Like other hotels, all-inclusives are enhancing their protocols, too; the biggest changes there may be that buffets are staff-served and restrictions for using sports equipment.

PRIVATE RENTALS

You might prefer condo-style hotels, which have their own kitchen and (sometimes) laundry, to give you more space and minimize your need to leave your room and access external services like restaurants. You'll also see changes at private rentals like VRBO. Airbnb's website, for example, will identify whether the property owner has received the new Airbnb cleaning certification, and the company pledges that properties will sit empty for 24 hours between stays.

Camping is likely to be about the same as prepandemic, though communal items like picnic tables may be removed and restrooms inaccessible for a while. If open, it's unlikely public restrooms will be cleaned as thoroughly and frequently as those in hotels, so be sure you have hand sanitizer.

Cancellation policies at hotels and motels are already flexible, and are becoming more so for private rentals. Read the fine print so you know whether you're eligible for a refund or only future credit, especially for private rentals and when booking through third-party systems. Note that check-in and check-out times may change to provide more time for rooms to be thoroughly cleaned. At check-in, you might be reassured knowing that you and other guests may need to have your temperature checked or sign a health declaration saying you've not knowingly been in contact with anyone who has COVID symptoms and don't have any yourself.

Dining Out

Arguably the best part of any travel experience is immersing yourself in a culture's food. Dining out at restaurants, shopping in open markets, and sampling street food embeds into your permanent memory with all the intricate sights, smells, and tastes.

Traveling with a pandemic backdrop has made every eating experience fraught with complications and begs the question: What will dining ultimately look like during the age of pandemics? Do I need to wear a mask? Will the restaurant sanitize every surface? Are the customers being temperature checked at the door? These are tricky questions, but there are many things that restaurateurs and delivery services are doing to keep those eating out as safe as possible.

Q&A with an Industry Expert



Q&A with **Phil Cordell**, Global Head of New Brand Development, Hilton

What changes is Hilton making in response to COVID-19?

We have been surveying our guests regularly since this pandemic started and it is clear that cleanliness will be even more important as a decision maker for travelers. To provide assurance and peace of mind to consumers when they return to travel, Hilton will collaborate with RB, maker of Lysol and Dettol, and consult with the Mayo Clinic to develop elevated processes and Team Member training to help Hilton guests enjoy an even cleaner and safer stay from check-in to check-out.

What will be different?

This initiative will create a focus on cleanliness that will be visible to guests throughout their entire stay—at check-in, in guest rooms, restaurants, fitness rooms, and other public spaces. Guests may notice the increased frequency of cleaning public areas, including disinfecting elevator buttons and door handles, as well as additional hand sanitizers throughout the property. Housekeeping has typically been something that happens behind the scenes, but now will be front and center.

We are proposing to add an extra measure of assurance by placing a room seal on doors to indicate to guests that their room has not been accessed since being thoroughly cleaned. We've also identified the 10 high-touch areas, from light switches, to door handles to thermostats, and will focus additional disinfection efforts around these hot spots. We're

also considering removing traditional multiple-guest use staples, such as pens, paper, and other in-room collateral.

We anticipate that more guests will choose to use Digital Key, in an effort to practice social distancing. Our Digital Key technology enables guests to check in on the Hilton Honors app, as well as unlock their guest room doors using their mobile phones in a contact-free way.

How is Hilton balancing the COVID response with Hilton's environmental policies?

At Hilton, we seek to operate and grow sustainably, which includes helping our hotels drive improvements around how they manage energy, water, and waste. We are dedicated to preserving natural resources and contributing to a low-carbon future. Part of our decision to partner with Lysol was the brand's focus on providing powerful cleaning products that are also environmentally sustainable. Hilton and Lysol are committed to finding a solution to ensure an industry-leading standard of cleanliness and disinfection in the most sustainable way possible.

Caring for others is more important than ever. Any examples to share?

Our hotels will provide Team Members with protective equipment, enhanced training on both overall health and wellness for themselves and new operational standards for cleaning guest areas, all designed to protect their well-being while continuing to deliver unmatched Hilton hospitality.

DELIVERY/TAKEOUT

According to the U.S. Food and Drug Administration (FDA) guidance, many of the same practices for delivery and takeout should be put in place that restaurants in general are undertaking. That includes a lot of hand washing and sanitizing of frequently touched areas (point of sale systems, counters, car seats, doorknobs, light switches, etc.). Additionally, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) added other guidance that includes avoiding direct hand-offs, reserving parking spaces for pick-up, encouraging customers to pay in advance, and more.

Just like restaurants, delivery and takeout requires customers to do their part. Customers should wear masks to protect themselves and the restaurant employees if they are picking up their meals. And while the risk of catching the virus from food is low according to the CDC, for peace of mind, you can remove it from its packaging and place it on your own plates once you're home. Also, use disinfectant wipes on all surfaces that have been exposed to packaging.

RESTAURANTS

The first thing you need to know is that restaurants (at least the properly run ones) already had the high levels of sanitation practices in place. If you get sick at a restaurant, their business is on the line. They are already at the forefront of this, but now, the precautions are being set at a higher bar.

According to the Centers for Disease Control (CDC) guidelines, restaurant workers should stay home if they exhibit any symptoms (cough, fever, shortness of breath). Workers will also be wearing face coverings, practicing social distancing where appropriate, wearing gloves, and implementing rigorous sanitation rituals in every part of the establishment.

Customers should expect to see changes as well. Menus might be replaced by QR codes on your phone. Reservations may become required for all guests at all times. Orders might be placed before setting foot in the restaurant. Eateries might be half full and partitions might be set up between tables. Buffets will be drastically different. Greenhouse dining is already happening for wary guests and high-end restaurants will likely expand on the idea. And temperature checks at the front door might be commonplace.

So, should you eat at a restaurant while traveling? Of course, but this is a two-way street. You need to do your part by washing your hands more and staying home if you have any symptoms. Listen to experts and scientists on guidance for reducing the spread.

STREET FOOD/FOOD TRUCKS/ FARMERS' MARKETS

Eating street food is one of the true wonders of traveling and one of the best ways to experience local culture and cuisine. Food trucks and farmers' markets are equally popular places to seek out on a trip and can help you better understand your surroundings. But in a postpandemic world, you might want to look at the conditions with a little more scrutiny. Do the vendors wear gloves and masks? Is the food kept properly hot or properly cold? Is that fresh fish sitting in the sun or packed on ice in a cooler?

If you're in a farmers' market, it's easy to get distracted by the cornucopia of produce, so social distancing 6 feet from other shoppers can be the first casualty. Try going when the markets first open and the crowds are thinner, and stay vigilant with hand washing, wearing face masks, and using hand sanitizer. And when you get your mouthwatering tacos from a food truck or your sizzling satay from a food stall, do a little advance work and scope out a spot where you can enjoy your spread away from the masses.

Q&A with an Industry Expert



Q&A with **Mary Sue Milliken**, owner of Border Grill restaurants, cookbook author, and industry titan when it comes to advocacy. Milliken has advised governments, served on the board of the James Beard Foundation, and worked with nonprofits like American Chef Corps, The Pew Charitable Trusts, and Oxfam.

What are you currently doing with your restaurants?

We closed everything down because we're abundantly cautious and wanted to be sure that we understood the disaster and had a good handle on it at first. We were waiting to see what the protocols are going to be and how to keep our staff and customers safe. So, we have not reopened and we furloughed 380 people, which was incredibly hard. But we were able to use kitchens to cook meals for the elderly and for the homeless. World Central Kitchen gave us a grant and we're cooking 3,000 meals a week for clinicians in the nonprofit clinics in the county. But we're very careful. We take everybody's temperature on the way in. We wear masks and we have our workstations spread out 6 feet apart.

What are you planning right now?

I think we're now feeling like we can service the community safely and do meal kits and groceries and takeaway food at Socalo [Milliken's new restaurant in Los Angeles]. And then we'll be doing everything contactless,

including payment. I've talked to a lot of my colleagues to see what's working and we're just going to keep everybody as far apart as we can and try to change our model so that we can put some people back to work.

We also have been looking at what we're going to do when we're allowed to fully reopen. I think a lot of things will change between now and then, but we've been looking at these little portable greenhouses that we can put throughout the restaurant for people who are specifically wary. We haven't made many decisions, but there are a lot of cool innovations out there that can curb the virus from spreading if people are diligent.

What are some of those innovations?

These face-screens that are like a welder's mask. I think for my staff, I'm going to insist that they wear a mask and gloves and a face screen when they're working, just to take all the precautions that we can. We're working on QR codes now for menus. I think that customers will be thrilled to be out of their houses and will be willing to do some newer things. I always thought it would be cool to look online at where you're going to dine that night and then when you make your reservation, just place the order. And you walk in, you don't have to look at a menu, you sit down, the server brings your cocktails and a lot of the contact is already taken care of. I could see that being a popular thing.

Hospitals and Emergencies

The likelihood of coming down with an illness while traveling is higher now than it has ever been. But coronavirus isn't the only reason you might end up needing medical care or visiting the emergency room while away from home. Start preparing before your trip even begins by identifying:

- How to access the remote telehealth services provided by your doctor or medical insurance
- Hospitals and/or urgent care centers at your destination that will accept your medical insurance
- The phone number and/or website for your health provider's travel hotline

MILD TO MODERATE ILLNESSES AND INJURIES (NON-COVID-19)

If you develop a noncoronavirus-related illness during your travels and your hotel does not have a doctor on-site, begin by contacting your general practitioner and setting up a telehealth conference. They will not only offer advice about how to handle your symptoms but can provide you with a prescription for any necessary medications. In the United States, a local pharmacy can legally fill a prescription from a doctor in a different state. Find a convenient location using MedImpact's Pharmacy Locator (📍 mp.medimpact.com/pharmacylocator/ActionServlet), including pharmacies that are open 24 hours a day or check the websites of major pharmacy chains like CVS, Walgreens, Walmart, and Rite Aid.

If telehealth is not an option and you need to see a doctor or get a prescription while traveling outside of the United States, contact the nearest U.S. embassy or consulate (🌐 usembassy.gov) to locate a qualified practitioner and reliable pharmacy. In some countries pharmacists

are licensed to consult with patients and provide medications such as antibiotics without a doctor's approval.

Pharmacies abroad also sell basic over-the-counter medications, though often under different brand names than in the United States. If you know what over-the-counter medication you need, look up its generic name online and write it down to give to the pharmacist. To avoid counterfeits, never purchase medications with poor-quality or unsealed packaging or those sold at an open air market.

SEVERE INJURIES AND ILLNESSES (NON-COVID-19)

Because clinics and hospitals are taking extra precautions to keep patients who need immediate care from coming in contact with COVID-19, a visit to the hospital is likely to include having your temperature taken before entering the building, putting on a mask, and leaving loved ones outside.

If you experience an acute injury or illness during your travels, don't wait to go to the emergency room. Chest pain, slurred speech, broken bones, seizures, lacerations, and other severe symptoms need to be treated immediately. If you can't get to the emergency room on your own, don't hesitate to call 911 or the local equivalent abroad.

CORONAVIRUS SYMPTOMS

While the CDC has issued recommendations for keeping hotel staff and guests safe during the pandemic, they don't provide guidance on how hotels should deal with those who develop symptoms of COVID-19 during their stay. For their part, the American Hotel & Lodging Association recommends that hotels be ready to support guests with coronavirus symptoms with information and calls to family, but they are not specific about how guests should be quarantined, isolated, or provided with medical care. Not even major hotel chains such as Hilton and Radisson have issued protocols yet for

guests who come down with COVID-19 while staying on their properties.

Whereas some luxury hotels keep a doctor on staff, it's unclear if they will be willing and able to visit guests who come down with the coronavirus during their stay. Some properties may have the personal protective equipment (PPE) and knowledge to assist, others may not. Before you travel, contact your hotel to find out more details about how they will handle coronavirus outbreaks among guests.

If you do come down with symptoms of COVID-19 while traveling, begin by informing hotel staff and contacting your doctor to set up a telehealth conference for an evaluation. If your doctor suspects that you have contracted COVID-19, be prepared to isolate in your hotel room for the CDC recommended period of at least 10 days after your symptoms first appear and at least 72 hours after your fever and respiratory symptoms have significantly improved. While it is unsafe for hotel staff to clean your room during isolation, you can arrange for food and essential supplies such as over-the-counter medications to be dropped outside your door.

Most people who contract COVID-19 experience mild to moderate symptoms that will get better on their own over time. A small percentage of coronavirus patients, however, about five out of every 100,000 according to current CDC data, will require hospitalization. Trouble breathing, coughing up blood, extreme chest pain, confusion, or fainting are all reasons to head to the ER. Even if you don't need an ambulance to get you there, call 911 in advance to let the hospital know that you are coming. If you are able, put on a face mask before emergency responders arrive or before entering the hospital on your own.

Tourist Attractions

The most recent set of guidelines released by the U.S. Travel Association provides recommendations on how tourist attractions and other "travel businesses" can protect both visitors and staff against COVID-19. The measures they lay out, including the installation of transparent screens to separate guests from employees, posting signage encouraging social distancing, and increasing sanitization and cleaning procedures, are similar to those already being implemented at essential businesses. Because these recommendations are not mandatory, however, how individual tourist attractions interpret the guidelines will vary from location to location. No matter what type of tourist attraction you plan to visit, be prepared to frequently wash your hands for 20 seconds or use hand sanitizer, stay at least 6 feet away from other people, and keep your hands away from your face.

AMUSEMENT PARKS

While major amusement parks haven't yet shared the specific details of their plans for reopening post COVID-19, expect to see some changes in the way they operate day-to-day. Disney, for example, has released an update stating that they will follow guidance from the CDC and other health authorities to implement social distancing and enhance prevention measures to keep visitors safe as they move forward with a phased reopening of their theme parks. New measures there and at other amusement parks may include:

- Allowing fewer guests to visit at a time
- Requiring face coverings
- Setting up hand-washing and sanitizing stations throughout the park
- The prolonged closure of or limited access to some rides and attractions

Telehealth Appointment Tips



Even when you're not at home, you can use technology to connect with your regular doctor, should you feel unwell while traveling. Telehealth, as it's commonly called, includes phone calls, video chats, emails, and even text messages. The COVID-19 pandemic has made it more popular than ever before.

But before you log on for an appointment, it helps to know what to expect so you can get the most from your time with your physician.

Based on what your doctor offers, you'll get medical care through a patient portal or virtual appointment.

When you log into the patient portal you can email back and forth with your doctor. You can also ask for prescription refills, schedule appointments, review test results, and look at summaries of past visits.

Virtual appointments allow you to meet with your doctor through phone or video conference. Like in-person visits, these meetings begin with a series of questions. Based on your needs, your doctor might prescribe medicine, suggest home remedies, or recommend you go to a doctor for more care.

Telehealth works best if you're prepared before you use it. To make sure you have the smoothest visit possible, you should:

- Use the technology ahead of time. Log into the portal before your appointment and install any updates needed. If you'll be having a video

chat, it's a good idea to make sure you know how to control the audio and camera on your device. Just before your appointment, turn off any programs or alerts that might disturb your meeting.

- Have a strong Wi-Fi connection. Find a quiet place with good lighting. Make sure you know how to connect to the Internet ahead of time, including the correct network and passwords to use. If you can, have a wired connection as a backup just in case your Wi-Fi acts up. You may want to ask your doctor for a phone number you can call if your online appointment isn't working out for some reason.

- Be prepared to share your health history. Even though you aren't visiting in-person, you'll still need to share your symptoms, medications, and any other relevant health details.

- Take notes. You might think you'll be able to remember everything your doctor says, but it's best to write it down. Remember, you won't get a physical write-up after your visit, so note any instructions you get during your visit.

Telehealth doesn't replace an in-person doctor's visit, but it's a good option to have when you're away from home. Check your insurance plan to see what telehealth services your doctor offers.

—Sharita Hanley

SOURCES: Mayo Clinic, University of Southern California

- The use of technology to track crowds and queues
- The sudden closure or modification of services and amenities based on direction from health and government officials

In recognition of the fluidity of the pandemic, Disney, Universal Studios, and other amusement parks are offering ticket holders more flexibility. If a park is closed on the date you intended to visit, you may be able to automatically use it on a different date or to apply its value to a new ticket. Annual pass holders may receive a partial refund or have their passes extended to account for COVID-19–related closures. For up-to-date information on how a specific amusement park is handling ticketing and the health and safety of their guests, visit their website.

CONCERTS, FESTIVALS, AND FAIRS

While new CDC guidelines do not prohibit mass gatherings at concerts, festivals, or fairs, they do recommend that organizers carefully consider postponing or canceling events attended by more than 250 people during the outbreak, especially if the event will be held in a confined area where social distancing is not possible. Many major events in the United States and internationally have already been canceled or postponed including 2020 Pride parades, Burning Man, Summerfest, the World Expo, and the once-in-a-decade Oberammergau Passion Play.

For events that attract higher-risk populations, the CDC recommends canceling or postponing gatherings of 10 or more. They further urge event organizers to have flexible refund policies for attendees who become sick, are in isolation, or are at high risk of developing complications from COVID-19. Check the website of an event for details about changes or cancellations.

PARKS, BEACHES, AND GARDENS

Parks, beaches, and gardens where there is plenty of outdoor space and crowds are minimal are among the lowest risk tourist attractions. Many national parks around the United States will at least partially reopen to visitors over the coming months but there is no federal directive on when or how to do it. Phased reopenings at national parks like the Grand Canyon, Yellowstone, Arches, and Great Smoky Mountains may begin with allowing visitors on designated roads and trails and at some campgrounds and boat launch ramps while continuing to temporarily prohibit access to visitors centers, stores, and specific sections of the park. For information on closures, visit the individual park's website through [nps.gov](https://www.nps.gov).

It is up to state governments to decide when and how to open up state parks and beaches. In some locations, extremely popular locations may remain closed to discourage overcrowding well after other parks in the state have reopened. States may also take other measures to keep visitation numbers low such as keeping parking lots closed or reducing capacity at on-site eateries.

When visiting national and state parks, bypass sites, vistas, and trail heads where parking lots are crowded. Instead, opt for quieter areas of the park where maintaining 6 feet of social distance is less of a challenge. Scenic drives through the park are another option, especially for those at higher risk of infection. If you plan to stay overnight at a park, consider dispersed camping in the backcountry (where allowed) instead of staying at car-accessible campgrounds with shared facilities. Find details about backcountry permits on the park's dedicated website.

When and how city, county, nonprofit-run, and private parks, beaches, and gardens open will largely depend on county or city regulations. Check the website of the location (if one exists) or

find updated COVID-19 regulations on local city/county government websites before visiting.

SPORTING EVENTS

Like concerts, festivals, and fairs, the CDC recommends that sporting events be canceled or postponed if they are likely to draw more than 250 spectators. Indeed, professional sports have already delayed or suspended their 2020 seasons and postponed major tournaments, including Wimbledon and the 2020 Summer Olympics, which have been rescheduled for 2021. Sports leagues like Major League Baseball and Major League Soccer still have no official date for resuming play, while the PGA Tour restarted with a tournament in mid-June (with no fans) and NASCAR's drivers returned to the track in mid-May (also sans fans).

When sporting events do resume, fans will still have to wait to enter stadiums. Because sporting events attract large audiences and typically have tightly packed seating arrangements, health officials predict that sports will remain televised-only events until large-scale testing or a COVID-19 vaccine is available.

Chapter 4

BACK HOME

By Paul Feinstein



So much time and energy went into planning your trip, and you took great care and caution to do everything right while you were on the road (from washing your hands and wearing your mask to practicing social distancing) but did you stop to consider what you'll need to do once you get home? Before you walk inside your sanitized sanctuary, you need to consider numerous things to keep it safe and sound.

Returning Home

Here is a handy checklist to follow:

- When you first get home, take off your shoes at the front door
- Wash your hands vigorously
- Wipe down all parts of your luggage including the handles and wheels, and carry-on bags with disinfectant wipes
- Wash all your clothes
- Throw any foreign money you might still have into its own container like a Ziploc bag
- Take a deep breath and relax... you made it home safely!

Quarantine Considerations

Depending on the country you are coming home to, and the country you are traveling from, you might not have a say in this matter. The absolute best way to stop the spread of a virus is to isolate sick patients away from the public. Whether you have symptoms or are asymptomatic, staying isolated for two weeks is the CDC's current recommendation for quarantine when you've been exposed to someone who might have been sick.

The CDC advises that if you've been in a country with widespread transmission, you should stay home for 14 days and stay at least 6 feet away from people. You should also check your temperature twice a day and keep your eye on coughs, fever, shortness of breath, and a host of other symptoms.

How to Self-Quarantine



When you have to isolate yourself after traveling, it's important to do it properly. This will help you avoid spreading the virus to people you care about, both inside and outside your home.

COVID-19 symptoms may not appear for up to 14 days after you've been infected with the coronavirus—or they may not appear at all. To make sure you're not contagious, you'll need to self-quarantine for two weeks.

While you're at home, you should:

- Wash your hands often
- Avoid visitors
- Stay 6 feet away from people in your home who didn't travel with you
- Wear a cloth face mask when you're around people who didn't travel with you
- Avoid sharing items like cups, plates, bowls, spoons, and forks
- Clean highly touched surfaces in common areas, like the kitchen, living room, or bathroom every day

Monitor your health as well. Remember, the point of self-quarantine is

to watch for signs of COVID-19 after any possible contact with the virus. So, check your temperature twice a day and look for any symptoms, like cough, fever, chills, shortness of breath, muscle pain, or loss of taste or smell.

If you begin to have symptoms, call your doctor as soon as you can. If you do have COVID-19, you'll need to continue to stay away from other people until at least 10 days after your symptoms began and you have no fever for at least 72 hours without taking medicine to lower it. In that case, it's best to sleep in a separate room and use a different bathroom than people who didn't travel with you, if you can.

If you don't have any symptoms after two weeks of self-quarantine, you can go back to your daily and weekly habits. Keep practicing social distancing, though. It's still important to help stop the spread of COVID-19.

—Sharita Hanley

SOURCES: CDC, Johns Hopkins Medicine, Mayo Clinic

Even though testing has become more widely available around the world, a negative test doesn't guarantee you don't have the virus. You might be tempted to take a negative test result as a reason to go out in public and freely touch any surface, but tests are not 100% accurate so it's best to still isolate for the 14-day period to make sure.

Another possibility that people might need to consider is whether they'll be able to travel internationally for work. Will employers be able to control whether their employee will have to be quarantined for two weeks in a country? Will an employee want to take the chance that this may happen in the first place?

Bottom line, if you've been anywhere with a spike in cases, have been exposed to anyone you know who has tested positive, or are showing symptoms of any kind, you need to quarantine for 14 days and contact your physician if your symptoms worsen.

Planning Your Next Trip

Look, the world is not ending. We all just need to adjust, educate ourselves, and be more mindful in general. For a while, travel might be harder, lines might be longer (at least 6 feet per person), wait times might be more arduous, and everything will be a little more tedious.

But we're resilient. We've always adjusted to change. Think how much security has changed since 9/11. Now, we might have to be subjected to temperature tests (though this was already happening in some parts of Asia), mandatory mask wearing, and better hygiene in general.

Instead of looking at the downside of this, though, think about how much better things might be in the long run. How many times have you come down with a cold after a vacation? Maybe with new and conscientious sanitation

practices, those days will be behind you. Think about the entire world becoming a cleaner, safer, healthier place. These are good things.

Most important, keep fantasizing about that next trip. You'll get to the Roman Colosseum, you'll climb up to the top of Machu Picchu, you'll savor a croissant on the streets of Paris, and you'll zip across Japan on a high-speed bullet train.

Travel is in our blood, and while a pandemic is a massive inconvenience, we can fight all of this together and create a society that is more accepting, more conscientious, and more welcoming of strangers.

You now have the knowledge of what can work and what won't for short and long trips alike. And as you travel farther afield, your safety procedures will continue to evolve and be refined. But with each trip, you'll be that much more informed and that much more confident, especially as travel restrictions ease and more places open back up. So, get back to planning your next vacation, think about new places you'll see, the foods you're going to try, the people you're going to meet, and the adventures you're going to have. Until a vaccine is available, if everyone continues to do their part, we'll all be traveling safely sooner than we might think.

Chapter 5

TRAVEL AND HEALTH RESOURCES

By Paul Feinstein



Traveling in the age of COVID-19 is changing almost daily. Stay up-to-date on the most accurate information by checking the following websites.

General

Centers for Disease Control (CDC). 🌐 www.cdc.gov

CDC (Travelers' Health). 🌐 www.cdc.gov/travel

CDC (State and Territorial Health Department Information). 🌐 www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html

U.S. State Department. 🌐 www.state.gov

U.S. Travel Association. 🌐 www.ustravel.org

World Health Organization (WHO). 🌐 www.who.int

Transportation

Airfare Watchdog. 🌐 www.airfarewatchdog.com/blog/50105499/covid-19-flight-cancellations-by-region-and-airline

American Automobile Association (AAA). 🌐 www.aaa.com

Amtrak. 🌐 www.amtrak.com

Cruise Lines International Association (CLIA). 🌐 cruising.org

Eurail. 🌐 www.eurail.com

European Union (EU). 🌐 ec.europa.eu/info/index_en

International Air Transport System (IATA). 🌐 www.iata.org

Hotels and Dining

American Hotel & Lodging Association (AHLA). 🌐 www.ahla.com

Independent Restaurant Coalition. 🌐 www.saverestaurants.com

Nation's Restaurant News (NRN). 🌐 www.nrn.com

National Restaurant Association Guidance. 🌐 www.restaurant.org

U.S. Department of Labor's Occupational Safety and Health Administration (OSHA). 🌐 www.osha.gov

U.S. Food & Drug Administration (FDA). 🌐 www.fda.gov

Airlines

Alaska Airlines. 🌐 www.alaskaair.com

American Airlines. 🌐 www.aa.com

Delta. 🌐 www.delta.com

Frontier Airlines. 🌐 www.flyfrontier.com

JetBlue. 🌐 www.jetblue.com

Southwest. 🌐 www.southwest.com

Spirit. 🌐 www.spirit.com

United Airlines. 🌐 www.united.com

Insurance

Allianz Travel. 🌐 www.allianztravelinsurance.com

Generali. 🌐 www.generalitravelinsurance.com

Insubuy. 🌐 www.insubuy.com

Medjet. 🌐 medjetassist.com

Seven Corners. 🌐 www.sevencorners.com

Travel Guard. 🌐 www.travelguard.com

Travelex. 🌐 www.travelexinsurance.com

World Nomads. 🌐 www.worldnomads.com

Countries/Global Guidance

Africa. 🌐 africacdc.org/covid-19

Anguilla. 🌐 beatcovid19.ai

Argentina. 🌐 turismo.buenosaires.gob.ar/en/article/coronavirus-preventive-measures

Aruba. 🌐 www.aruba.com/us/traveler-health-requirements

Australia. 🌐 www.australia.com/en-us/travel-alerts.html

Austria. 🌐 www.austria.info/en/service-and-facts/coronavirus-information

Bahamas. 🌐 www.bahamas.com

Barbados. 🌐 www.visitbarbados.org/travel-guidelines-2020

Belgium. 🌐 www.info-coronavirus.be/en/

Belize. 🌐 belizetourismboard.org/belize-covid-19-update-for-travellers

Bermuda 🌐 www.gotobermuda.com/bta/press-release/bermuda-tourism-authority-update

Brazil 🌐 coronavirus.saude.gov.br

British Virgin Islands. 🌐 bvi.gov.vg/covid-19

Canada. 🌐 us-keepexploring.canada.travel/covid-19-traveller-guidance

Caribbean Islands. 🌐 www.caribbeanhotelandtourism.com/covid-19

Cayman Islands. 🌐 www.visitcaymanislands.com

Chile. 🌐 chile.travel/en/coronavirus

China. 🌐 en.nhc.gov.cn

Costa Rica. 🌐 www.visitcostarica.com/en/costa-rica/statement-costa-rica-tourism-board-covid-19

Croatia. 🌐 croatia.hr/en-GB/coronavirus-2019-ncov-q-and-a

Czech Republic. 🌐 www.czechtourism.com/covid-19

Dubai. 🌐 www.visitdubai.com/en/articles/coronavirus-advisory

Europe. 🌐 www.ecdc.europa.eu/en/covid-19-pandemic

Finland. 🌐 www.visitfinland.com

France. 🌐 www.atout-france.fr/content/covid-19-1

Germany. 🌐 www.germany.travel/en/info/sars-cov-2.html

Great Britain. 🌐 www.visitbritain.com

Greece. 🌐 www.visitgreece.gr

Hong Kong. 🌐 www.chp.gov.hk

Hungary. 🌐 wowhungary.com

Iceland. 🌐 www.inspiredbyiceland.com

India. 🌐 www.incredibleindia.org/content/incredible-india-v2/en/covid-19-travel-advisory.html

Ireland. 🌐 www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus

Israel. 🌐 info.goisrael.com

Italy. 🌐 www.italia.it

Japan. 🌐 www.japan.travel/en/coronavirus

Mexico. 🌐 mx.usembassy.gov/u-s-citizen-services/covid-19-information

Morocco. 🌐 www.onda.ma/fr/Je-su-is-Passager/Guide-du-voyageur/Coronavirus-Informations-aux-passagers

Netherlands. 🌐 www.holland.com/global/tourism/covid-19.htm

New Zealand. 🌐 covid19.govt.nz/covid-19

Norway. 🌐 www.visitnorway.com

Panama. 🌐 panama.campusvirtualsp.org/covid-19

Peru. 🌐 peru.travel/en/news

Poland. 🌐 www.poland.travel

Portugal. 🌐 www.visitportugal.com

Puerto Rico. 🌐 www.discoverpuertorico.com

South Africa. 🌐 www.southafrica.net/gl/en/trade

South Korea. 🌐 english.visitkorea.or.kr/enu

Spain. 🌐 www.spain.info

St. Lucia. 🌐 www.stlucia.org/en/covid-19

St. Martin. 🌐 www.st-martin.org

Sweden. 🌐 visitsweden.com

Switzerland. 🌐 www.bag.admin.ch/bag/en/home.html

Thailand. 🌐 www.tatnews.org/category/thailand-tourism-updates

Turkey. 🌐 tga.gov.tr/home

Turks & Caicos. 🌐 www.gov.tc/moh/coronavirus

United Kingdom. 🌐 www.gov.uk

United Nations. 🌐 www.un.org

United States. 🌐 www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html

Vietnam. 🌐 vietnam.travel/things-to-do/information-travellers-novel-coronavirus-vietnam

Additional Resources

Fodor's COVID Packing Checklist. 🌐 www.fodors.com/covidpacking

Fodor's Travel. 🌐 www.fodors.com

WebMD. 🌐 www.webmd.com

Fodor's GUIDE TO SAFE AND HEALTHY TRAVEL

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About Our Writers



As Chief Medical Director at WebMD, **Michael W. Smith, MD, MBA, CPT**, leads the medical team that is responsible for upholding the accuracy and credibility of all WebMD health information. He joined WebMD in 1999 and now oversees a team of staff physicians and medical reviewers across the United States who create content and assure its continued medical accuracy and relevance. As a board-certified general internist, Dr. Smith's interests and knowledge span a wide array of medical topics. He is particularly interested in helping people prevent health problems by living healthy, active lives.



Sharita Hanley is a WebMD writer who's passionate about nutrition, wellness, and mental health. Before joining WebMD, she worked as a freelance writer covering a variety of health and lifestyle topics, including behavioral health, addiction, fitness, adolescent health, prescription drugs, and environmental health. When she's not working, Sharita loves to travel. Recently, she's visited Italy, Belize, Israel, Colombia, and Indonesia. You can find Sharita online at www.sharitadgillmore.com or on Twitter @setapartlady.



Johanna Read is a Canadian freelance writer/photographer specializing in travel, food, wellness, and responsible tourism. She especially likes to encourage travel that is culturally, economically, and environmentally sustainable. Johanna draws upon her management consulting work where she specializes in organizational culture and employee wellness, and on her background as a Government of Canada

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Paul Feinstein is a Los Angeles-based travel and food writer. Paul has written Fodor's guides to Barcelona, Florence, Los Angeles, Tokyo, and Bangkok, in addition to hundreds of articles and reviews of restaurants, hotels, and things to do in cities around the globe. An avid traveler, Paul has been to nearly 60 countries, lived in Israel, went to cooking school, and is particularly obsessed with Italy and Japan. You can follow Paul's adventures around the world on Instagram @mrpaulfeinstein and on Twitter @mrpaulfeinstein.