INTERNATIONAL SOS JOURNEY PLANNER

June 2021

WORLDWIDE REACH. HUMAN TOUCH.

COVID-19 PERSONAL TRAVEL, PREPARATION AND PREVENTION ADVICE

Do NOT travel if you are sick.

If you have decided to travel:

- **See our** video on tips for safe return to travel
- **When possible, get vaccinated.**
- **Familiarise yourself with travel restrictions**, quarantine requirements, testing, screening and other procedures at your destination and after you return.
- Wherever possible **use electronic devices** (tickets, apps, payments, check-in) to minimise multiple people handling your items.
- **Know the requirements** on wearing masks, rules on social distancing, security threats and the COVID-19 situation.

COVID-19 PERSONAL TRAVEL, PREPARATION AND PREVENTION ADVICE

If you have decided to travel (continued):

- Carry and use your own **personal hygiene kit**, including hand sanitiser, disinfectant wipes, face masks and gloves.
- **Avoid touching shared objects** as much as is practical – don't touch handrails / door knobs etc. unless essential. If you have to touch objects which are handled by many people use hand sanitiser promptly afterwards and ensure you do not touch your face.
- In public areas, as much as possible**, keep 1-2 metres away** from others. When queuing abide by any distance markers.

COVID-19 TRAVELLER JOURNEY

BEST PRACTICES

BEFORE YOU TRAVEL BY PLANE

- **Reconfirm** your flight departure date and time, as last minute changes can occur.
- Make sure **you are aware of any changes** to your airline's check-in procedures or any new onboard measures that must be adhered to.

DAY OF DEPARTURE

- **Allow extra time at the airport**. It may take longer than normal to check in and clear security.
- In the airport, **wear your face mask** at all times.
- If possible, **check in online and download the airline's app**, save your boarding pass on your phone.
- **Use bag drop-off locations** and self tag your bags, if permitted.
- **Use contactless payment** and consider pre-ordering food using restaurant apps.
- **Consider taking food and beverages on board**, check with the airline as some products may not be permitted.
- **Use electronic gates** at passport control where available.

ON THE AIRPLANE

- Wear your **face mask**.
- **Keep your distance** from crew members and other passengers where possible.
- **Wipe down** your tray table and arm rests with disinfectant wipes.
- Try to **remain seated as much as possible** during the flight. Avoid walking around the aircraft, perform exercises in your seat.
- Consider choosing **a window seat to reduce contact** with crew and passengers walking in the aisle. However, bear in mind that an aisle seat allows easier access to bathroom.
- **Carry your own pen** for any landing cards/forms you may need to fill in.

AT YOUR ACCOMMODATION

- **Choose a hotel that uses enhanced hygiene and cleaning protocols**. Download the hotel app for the latest information.
- **You may have your temperature checked** or be asked to complete a health declaration before being allowed into the hotel.
- If possible, **check in online** to reduce face-to-face interaction with hotel staff.
- When using a lift, consider wearing a mask and **avoid the lift if it is crowded** (wait for the next one).
- **Use electronic keys** via the app if available.
- **Carry your own bags and wear a face mask** until you are inside your room.

AT YOUR ACCOMMODATION

- **Consider getting take-away meals and eating them in your room** or in non-crowded areas rather than in the restaurant. Use delivery services where possible.
- **Exercise by yourself in your room or outdoors** in non-crowded areas. Avoid using shared equipment, going to gyms and other indoor exercise areas.

Departure

- **Check out online**/via the app.
- **Use key drop-off points** if available.

GROUND TRANSPORTATION

- **Minimise time in shared transport**. Choose options with as few passengers in the vehicle as possible e.g., private car.
- If you are taking public transport – **consider sanitising your personal area** with disposable cleaning wipes (e.g., arm rests, tray tables, seat, head rest).
- **Comply with social distancing rules in the vehicle,** seats that need to be left free maybe marked. Please check local country rules as these may differ.
- Wherever possible, **handle your luggage yourself**.
- **Choose rental car companies that use enhanced cleaning protocols**.
- Improve ventilation in the vehicle by **opening the windows or setting the ventilation/air-conditioning on non-recirculation mode**.

RAIL TRAVEL

- **Travel at quieter times** if you can.
- **Comply with seating requirements** – seats may be marked as unavailable to comply with social distancing.
- **Bring your own refreshments for the journey**, usual catering services may not be available.
- **Download the railway line's mobile app** and carry e-tickets to reduce contacts.
- **Allow plenty of time to reach your train**. It may be boarding earlier than usual to give everybody enough time to be seated.

INTERNATIONAL SOS
AIR AMBULANCE
www.internationalsos.com
WORLDWIDE REACH. HUMAN TOUCH.