

RECOMMENDATIONS FOR STAYING SAFE FROM COVID-19 DURING THE HOLIDAYS



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TRAVEL

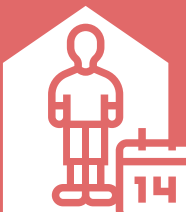


AVOID TRAVEL DURING THE HOLIDAY

COVID-19 is spreading rapidly in many parts of the country. Nonessential travel, including holiday travel, is NOT recommended. Traveling outside of California will increase your chance of getting infected and spreading the virus to others after your return. Additional precautions should also be taken when hosting and interacting with people traveling to California, especially from other areas with widespread COVID-19.



DO NOT TRAVEL IF YOU ARE SICK. YOU COULD SPREAD COVID-19 OR ANOTHER INFECTION



IF YOU TRAVEL OUTSIDE OF CALIFORNIA, IT IS STRONGLY RECOMMENDED THAT YOU SELF-QUARANTINE FOR 14 DAYS AFTER YOUR RETURN IF YOUR ACTIVITIES WHILE TRAVELING PUT YOU AT HIGHER RISK OF GETTING COVID-19.

CONSIDER THE FOLLOWING WHEN TRAVELING:

- IS COVID-19 SPREADING WHERE YOU ARE TRAVELING?
- ARE YOU, YOUR TRAVEL COMPANIONS, OR THOSE YOU ARE VISITING AT HIGHER RISK FOR SERIOUS ILLNESS?
- WILL YOU BE ABLE TO SOCIAL DISTANCE FROM OTHERS DURING YOUR TRIP?
- CAN YOU WATCH FOR SYMPTOMS AND GET TESTED?



IF YOU HAVE COVID-19 SYMPTOMS, GET TESTED AND WAIT FOR A NEGATIVE TEST RESULT BEFORE YOU START YOUR TRIP. EVEN IF YOU TEST NEGATIVE FOR COVID-19, YOU SHOULD NOT TRAVEL IF YOU'RE FEELING ILL AS YOU MAY SPREAD ANOTHER INFECTION.

IF YOU MUST TRAVEL, TAKE THESE STEPS TO REDUCE RISK:



WEAR A FACE MASK



KEEP AT LEAST 6FT. OF PHYSICAL DISTANCE



VENTILATE YOUR SPACE, IF POSSIBLE



WASH OR SANITIZE YOUR HANDS OFTEN



AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH



AVOID CONTACT WITH ANYONE WHO IS SICK



AVOID CONTACT WITH FREQUENTLY TOUCHED SURFACES



GET TESTED AFTER YOU TRAVEL



GET A FLU SHOT