

# TIPS FOR STAYING HEALTHY WHILE TRAVELING



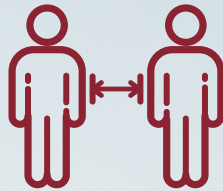
## Stay informed

Stay up-to-date with global news and local updates from reliable sources.



## Boost immunity

Boost your immune system before & during your trip by eating three healthy meals a day, taking daily vitamins, and staying hydrated.



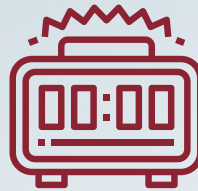
## Maintain social distancing

Keep a distance of at least six feet from anyone who seems sick.



## Carry a travel hygiene kit

Put together a travel kit of things like band-aids, cold & flu medicine, vitamins, sunscreen, and antibacterial hand wipes in case of an emergency.



## Exercise & sleep routine

Follow a regular sleep and physical activity routine to remain healthy, well rested, and fit.



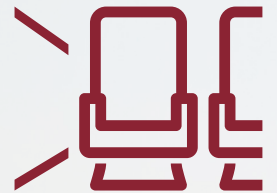
## Wash your hands

Wash your hands frequently with soap and water, for at least 20 seconds, and use alcohol-based hand sanitizer.



## Clean & disinfect

Frequently clean all high-touch surfaces, especially when traveling on public transportation.



## Book window/aisle seats

A study found that passengers sitting in the aisle seats on a plane are more likely to be exposed to germs.

## If you become sick while traveling:



## Isolate yourself

Quarantine yourself from others to prevent any spread of illness to other people.



## Monitor your symptoms

Periodically check your temperature. If you have a fever, call a doctor or, if symptoms become severe, seek local medical assistance.



## Contact Assist America

You can contact Assist America for assistance with finding a local doctor, pharmacy, COVID-19 testing site, and more. Scan the QR code to download the free Assist America Mobile App.