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**Subject:** [External] VACATION

**Importance:** High

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Hello Everyone. We know that for some people, you may be thinking about travel/vacation time. If you are going out of state - the information below was given to us by the Bureau for Public Health and it is very useful! **Especially note: If you travel out of state, you need to self quarantine for 14 days when you return. This is a standard practice that really helps to protect everyone.**

### **Travel increases your chances of getting and spreading COVID-19.**

Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance (keep 6 feet apart from other people).

- **Air travel:** Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours.
- **Bus or train travel:** Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.
- **Car travel:** Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.
- **RV travel:** You may have to stop less often for food or bathroom breaks, but RV travel typically means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

### **SAFETY MEASURES FOLLOWING RETURN FROM TRAVEL**

- To protect yourself and others, it is recommended that you telework for 14 days following out-of-state travel. You could let team members know you are available only via Teleconference for that period of time.
- Self-monitor your health 14 days following out-of-state travel. If you think you may have been exposed to COVID-19, contact your healthcare provider.
- Stay home as much as possible and avoid contact with others.
- Avoid going into public places for 14 days following out-of-state travel.

- If you do need to go out into public, wear a cloth face covering when going into public places like stores, restaurants, and work/school.
- If you have to be around others practice social distancing (keep 6 feet away from individuals).
- To learn how to protect yourself from COVID-19 on different types of transportation:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html>.

Thank you all - we all take this situation very seriously and want to be sure we are protecting everyone! Thank you and if you have questions, you can email Pam at [pam.s.roush@wv.gov](mailto:pam.s.roush@wv.gov)

WV Birth to Three Team