

COVID-19 traveller advice

Before you travel, please assess the benefits and risks related to your upcoming travel plans. If you feel you may be at high-risk (e.g., with a medical condition such as diabetes, heart and lung disease) make arrangements for someone else to represent you and avoid traveling.

What do you need? Think about a thermometer, hand sanitizer, face mask, sanitizer wipes, immune boosting vitamins, pre-packaged snacks, bottled water, etc. [CDC Travelers Health](#)

How do you [decrease your travel risk of infection while traveling](#), understand symptoms and best practices. [CDC COVID-19 Symptoms](#)

[What do you do](#) if you feel ill while on your trip? Click [here](#) for symptoms.

General

- *Refer to information posted by the CDC, the WHO and local government regulations websites.*
- *Confirm the destination you are travelling to is allowing; incoming foreign national or travellers;*
- *Confirm client or location you're visiting is allowing outside visitors and what the entry requirements are such as if there are any forms or special requirements necessary prior to arrival;*
- *Travel with PPE – e.g., face mask, gloves, hand sanitizer, disincentive wipes, digital thermometer etc. (Note: Many carriers require a face mask);*
- *Confirm your travel profile is up-to-date specifically contact details and emergency contact information;*
- *Avoid touching mouth, nose and eyes as much as possible;*
- *Try to minimize amount of points of contact;*
- *WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS*
- *Passengers are strongly advised to contact their airline for information on the specific regulations regarding their flight and destination;*
- *Download the airline app and use mobile boarding passes instead of printed passes;*
- *Refer to hotel websites to determine if there are any special requirements prior to arrival*