



Keeping Yourself and Your Family Safe and Healthy When Traveling

October 2020

Travel, like so many other things, has changed in the era of COVID-19. Despite concerns about safety, work, family, or other issues may require us to travel. Whatever your reason, it is essential to take precautions to keep yourself and others healthy. Below are some ideas to help protect yourself and prevent the spread of disease as you travel.

Essential Precautions

We highly recommend the following three precautions, whether or not you are traveling. We know you know them, but they are important enough that they bear repeating.

Wear a mask. The [CDC recommends](#) wearing a close-fitting, multi-layer cloth mask that covers the nose and mouth and secures under the chin. Research indicates that mask use can slow the spread of COVID by [up to 2%](#).

Avoid close contact with other people. When interacting with people who are not members of your household, the [CDC recommends](#) staying at least 6 feet away at all times.

Wash your hands regularly and use hand sanitizer. This is good advice even when there isn't a pandemic. Along with good hand washing,

remember to minimize touching your face with your hands.

Packing

There are a few essential items you should take with you and keep handy. You'll be using them a lot:

- Masks that meet CDC guidelines
- Alcohol-based sanitizer (at least 60% alcohol)
- Disinfectant wipes (at least 70% alcohol)

Lodging

When booking your lodging, look for hotels that use the best cleaning practices, provide information about those practices, and can verify that they are living up to them. The American Hotel and Lodging Association has developed [COVID-19 guidelines for hotels](#), including using approved cleaning products and cleaning schedules. Most hotels will publish this information on their webpages, but don't hesitate to call and ask for more details. It is also useful to check online reviews to see what other travelers have said.

Here are things to look for:

- Enhanced and frequent cleaning of rooms, public areas, and elevators
- Social distancing encouraged for both guests and employees in the lobby, front desk, and lounge areas

- If breakfasts or other food offerings are available, there should be minimal handling of food by employees and other guests
- Employees should be masked
- Acceptance of contactless payment methods
- Protocols in the case that a guest becomes ill

While in the lobby and at the front desk, limit your contact with surfaces like handrails, door handles, and countertops. If you have concerns about your room's cleanliness, ask to be placed in a room that has been vacant for 24 hours.

Before settling into your room, sanitize it using disinfectant wipes. Get all high-touch areas, like doorknobs, handles, tables, and countertops. You can also ask to forgo housekeeping during your stay to reduce the number of people in your room, as long as you don't mind reusing towels and making the bed yourself.

Transportation

When traveling to your destination, if feasible, consider driving instead of flying. Despite ample precautions taken by airlines, airports are still very crowded places. Staying away from large crowds is an important factor in preventing the spread of disease.

If you drive, lessen the need to stop for food and engage with crowds at

convenience stores and restaurants by packing your food and snacks.

Once at your destination, get around by using methods of transportation that reduce exposure to other people. Avoid buses, subways, and trains. Try out scooters, bicycles, and walking instead.

Additional Considerations

If at all possible, consider avoiding destinations where COVID-19 cases are high or increasing. By avoiding places where the disease has a large presence, you reduce the likelihood of

your contracting it. Plan activities in less crowded locations and venues. As the [CDC states](#): "The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19."

Now may be a great time to visit places off the beaten path, or where being close to others isn't a necessary part of the experience.

Travel for many of us is still necessary, even in a pandemic. If you do travel, take every precautions to protect yourself, your family, and others. ■

At Hyatt, the safety and wellbeing of our guests, customers, and colleagues is a top priority. We are continually monitoring the COVID-19 situation and listening to questions and concerns of guests and employees. To learn more about what we are doing to combat infection, please visit our [website](#), or call us at 385-498-3700. View Hyatt's global Hyatt's Global Care & Cleanliness Commitment [here](#).

This article provides general information and discussions about health and related subjects. The information and other content provided in this article, or any linked materials, are not intended and should not be construed as medical advice or diagnosis, nor is the information a substitute for professional medical expertise or treatment.

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