



# SD129 INTERIM COVID-19 TRAVEL CONSIDERATIONS



## GENERAL TRAVEL

- Avoid travel to places of higher risk ([\*IDPH Travel Advisory Map\*](#))
- Practice the 3W's
  - Wear a face covering
  - Wash your hands with soap and water
  - Watch your physical distance, staying 6' away from others
- Individuals who are at greater risk of severe illness should take extra precautions



## CAR TRAVEL (DOMESTIC)

- Making stops along the way for gas, food, or bathroom breaks can put you in close contact with other people
- When soap and water are not available, use hand sanitizer that contains at least 60% alcohol
- Pick up food at drive-throughs, curbside at restaurants, or stores as much as possible
- After travel, return to work or school and monitor your health for 14 days



## AIR TRAVEL (DOMESTIC)

- Although air circulates and is filtered in airplanes, social distancing may not always be possible
- Try to travel during less crowded / lower demand travel times
- After travel, return to work or school and monitor your health for 14 days



## INTERNATIONAL TRAVEL

- The CDC & IDPH recommend that all nonessential international travel should be avoided due to the COVID-19 pandemic
- Should you choose to travel internationally, please notify your supervisor or teacher(s) ahead of your departure in order to plan for your absence upon your return
- Current US regulations require that all air passengers who will be arriving to the US from a foreign country are tested no more than 3 days before their flight departs or provide documentation of having recovered from COVID-19 before boarding the flight
- After travel, you will need to get tested within 3-5 days and stay home and self-quarantine for 7 days, even if your test is negative
- Should you choose to not get tested, you are required to stay home and self-quarantine for 10 days
- In either case, quarantine will require the use of employee sick days