



RETURNING TO TRAVEL TIPS

Travel has been limited to prevent the spread of COVID-19. As outbreaks settle, restrictions are relaxed and people get back to daily activities including domestic and international travel. There are still risks of infection and further outbreaks.

FOLLOW THESE TIPS AS A GUIDE FOR PLANNING YOUR TRIP:

BEFORE TRAVEL



- › INTERNATIONAL SOS MEMBERSHIP CARD & APP IS DOWNLOADED
- › REFERENCE PRE-DEPARTURE CHECKLIST
- › REVIEW COVID-19 EDUCATION MATERIALS
- › DESTINATION UPDATES:
 - Register to receive destination alerts.
 - ✦ [Review destination COVID-19 case information](#)
 - ✦ [Travel Restrictions & Flight Operations.](#)
 - Review destination's testing requirements.
 - Review destination's quarantine requirements.
 - Confirm availability of destination's medical services.
- › VACCINATION REQUIREMENTS IN YOUR DESTINATION:
 - Is a digital health/vaccine passport required? ✦ [AOK Pass.](#)
 - Know vaccine requirements for each destination in your travel route.
 - ✦ [Review Vaccine Q&A.](#)
 - ✦ [Review Vaccine Infographic.](#)
 - Call Assistance Center for more information on vaccines in your location.

DURING TRAVEL



- › RISK MITIGATION:
 - Stay consistent with your prior medical and security practices – they should be the same for domestic and international trips.
 - Protect yourself from COVID-19 ✦ [COVID-19 Pocket guide.](#)
- › CRISIS:
 - Confirm availability of evacuation with Assistance Center.
- › TESTING REQUIREMENTS IN RETURN DESTINATION:
 - Determine test availability and criteria for testing
 - Where can you get tested?
 - When can you get tested?
 - Do you need more than one test?
 - Protocol for positive test results.
 - ✦ [Call Assistance Center for help finding nearest testing site in your destination.](#)

BE AWARE: AFTER TRAVEL



- › REVIEW LOCAL QUARANTINE REQUIREMENTS
- › TESTING:
 - Determine test availability and criteria for testing after returning.
- › ✦ [EMOTIONAL SUPPORT SERVICE](#)

Tips with this symbol are **links to information that can help you plan your trip.**

PREPARE, PLAN, BE AWARE

The risk of COVID-19 will be around for many more months. Following these simple measures can reduce your risk of infection.

Disinfect items that were touched by others.

Know requirements on masks, rules on social distancing, any local security threats, and local COVID-19 situation.



Follow basic hygiene:

Wash or sanitise hands often, wear mask in public areas, avoid touching face, avoid direct physical contact with others, avoid touching surfaces or items used by others (door handles, rails, switches).



Familiarise yourself with travel restrictions, quarantine requirements, screening and other procedures at your destination and after you return.

To avoid interaction, check in online, check luggage for faster boarding, use contactless payment where available.



Carry and use your own **personal hygiene kit:** Hand sanitiser, disinfecting wipes, face masks, gloves.

Stay safe at your destination:



- Stay vigilant, follow local orders and screening procedures.
- Plan commute to and from accommodations.
- At hotel avoid unnecessary interactions with other guests or hotel staff.
- Get take away meals and eat in room or non-crowded areas rather than restaurants.
- Exercise in your room or outside. Avoid going to gyms.



While on the go, keep a distance of 2 metres, avoid crowds, avoid rush hour and public transportation