

Fighting COVID-19 On the Road: Taking Precautions

During the COVID-19 pandemic, the federal government is advising everyone to stay at home as much as possible. If you do have to travel on the road, it is vitally important that you are familiar with proper precautions, including planning your trip, stocking up on supplies, taking appropriate action while traveling, and being able to identify the symptoms of coronavirus.

GENERAL PRECAUTIONS FOR ALL AMERICANS:



To avoid contact with the virus:

- Maintain six feet of social distance from other people
- Avoid touching your face



To kill the virus:

- Wash your hands frequently with soap and water for at least 20 seconds
- If soap and water is unavailable, clean your hands with alcohol-based hand sanitizer



To protect others:

- Cover your mouth and nose when coughing or sneezing
- Stay at home/self-isolate if you feel unwell

PRECAUTIONS FOR THOSE ON THE ROAD:

Plan Your Trip in Detail

- Map your route and check for state and local advisories, policy changes, or restrictions
- Look up what restaurants may be providing to-go services, or pack your own meals
- Plan for the chance you get sick by answering the following questions:
 - If your symptoms are mild enough for you to safely operate your vehicle, what is the maximum distance where you could still return home without interacting with others?
 - If you are far from home, where will you be able to shelter in place/quarantine yourself?
 - If your symptoms are severe, do you have contact information for the local hospital or health department so that you can receive the best medical direction and care?
- Research what the COVID-19 outbreak is like in the region through which you will be traveling, as well as the status of the medical services in the area. If they are being pushed close to capacity, it could be difficult to receive adequate and timely care
- Research what hotels are still open, in case you need a place to stay in an emergency

Take Adequate Supplies

- Thermometer
- Disposable gloves
- Disinfectant wipes
- Sealable disposable bags
- Hand sanitizer
- Tissues
- Extra medication
- Sufficient food in case you are forced to remain in place

Take Action on the Road

- Before you depart, and frequently during your trip, sanitize every surface you may touch, including door handles, keys, steering wheel, gear shift, dashboard, and cup-holders.
- Pay with a credit or debit card as much as possible, which can then be cleaned after use
- Wear gloves at the gas station when touching the touchpad and pump, and then immediately dispose of them (if gloves are not available, use paper towels)
- Avoid touching the faucet or door handles in rest-stop bathrooms
- Always sanitize your hands before reentering the vehicle
- In hotels, clean and/or avoid any and all commonly-touched surfaces, including the bathroom sink, TV remote, light switches, decorative pillows, etc.
- Keep your immune system strong while traveling with sufficient sleep, healthy eating, staying hydrated, regular exercise, and stress management

IDENTIFYING COVID-19 SYMPTOMS:

The most common symptoms of coronavirus are:

- 1 Fever
- 2 Tiredness
- 3 Dry cough

Severe symptoms of COVID-19 are:

- 1 Difficulty breathing
- 2 Confusion or an inability to be aroused
- 3 Persistent chest pain or pressure
- 4 Blue-ish lips or face

Most people recover from the disease without special treatment, but for some the disease can require serious care and can even be fatal. This is especially true for older people and those with other medical conditions such as asthma, diabetes, high blood pressure, or heart disease. Once the virus is contracted it can take up to 14 days for symptoms to present.

For more resources directly related to COVID-19, visit the [CDC's coronavirus webpage](#).