



WELCOME MD

Communities are beginning to reopen and some of them will reopen in time for Memorial Day Weekend. Although exciting, the threat of COVID-19 has not disappeared. We must make sure we are still being responsible and protecting ourselves and those around us, especially if people are going to start traveling again.

Can we Travel Safely?

Please be mindful that each state has unique protocol for reopening and it is best not to travel until the pandemic has subsided if you can help it.

“The best option, especially for older patients or patients with underlying conditions, is to stay home,” Dr. Neal Carl said. “But if you find yourself having to travel for business or wanting to get some fresh air and different surroundings, you will need to follow extra safety precautions.”

Air Travel

The greatest risk of infection when traveling by air isn't necessarily when the plane is airborne. The biggest risk will be when using common areas like the airplane's lavatory or when in the terminals. The CDC has the [following guidelines on air travel](#):

"Because of how air circulates and is filtered on airplanes, most viruses and other germs do not spread easily. Although the risk of infection on an airplane is low, try to avoid contact with sick passengers, avoid touching your eyes, nose or mouth with unwashed hands, and wash your hands often with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol."

[Business Insider](#) has provided some great tips on air travel during the pandemic, such as:

- Bringing your own hand sanitizer
- Wiping down seats and surfaces before you sit
- Wearing a mask to protect you and others
- Avoiding shops and large crowds

Automobile Travel

If you plan to use your own vehicle to travel, please continue to use best sanitation/hygiene practices. [AARP](#) suggests that it is best to pack your own cleaning products and snacks to limit exposure to unfamiliar germs.

Also, try to make as few stops as possible and do your best to stick to a schedule. When you arrive to your destination, it is still imperative that you continue to practice social distancing. The more organized your trip is, the less likely it is that you will come in contact with the virus.

Hotel Stays

Airports, train stations and even some hotels are allowing guests to check in on their phones to save the trouble of coming in contact with any potential health threats. Before you head off on your travels, make sure you check in advance with any hotels, restaurants and other places on your itinerary on their safety precautions and other guidelines.

Many hotels are adhering to the American Hotel & Lodging Association's "[Safe Stay](#)" program. However, if you stay at a hotel, we recommend following the same health and safety protocols mentioned above, including wearing masks, disinfecting and frequent hand washing.

