CYPRESS COLLEGE HEALTH CENTER
TIPS TO STAY HEALTHY WHEN TRAVELING FOR THE HOLIDAYS DURING COVID-19 PANDEMIC

Traveling this season will have some new twists. There is always a risk of getting sick while traveling because of the inherent stress of traveling, interacting with frequently-touched surfaces in public places, and changes in climate and environment. Especially during this COVID-19 pandemic. The Health Center has put together some guidelines for traveling during COVID-19. Please keep these tips and guidelines in mind when planning to attend holiday gatherings and returning to campus.

Please consider the following points before the holidays:

• **Know Before You Go** - know the number of cases and rates of COVID-19 in the destination or community you will traveling to or gathering in by checking:
  - https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days

• **Location, duration and number of individuals at a holiday event determines the amount of risk.**
  - **Location** - outdoors or well-ventilated areas are always better. Consider where others are traveling from and the amount of COVID-19 in those areas.
  - **Duration** - events with shorter time periods reduce exposure risk
  - **Number** of individuals will vary depending on the size of the space and ability to physically distance and wear masks.

• **Behaviors of attendees** - before and during the gathering who are not practicing physical distancing and mask wearing pose a greater risk to others.

• **People who should not attend in-person gatherings are:** anyone with or exposed to COVID-19, anyone exposed and waiting for test results, anyone at increased risk due to underlying health conditions or caring for someone with health issues.

<table>
<thead>
<tr>
<th>2 WEEKS BEFORE DEPARTURE:</th>
<th>DAY OF TRAVEL ADVISE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Get a flu vaccination- free at the Health Center- call 714-484-7361 to schedule an appointment. <em>Leave a message.</em></td>
<td>• Reduce the number of stops on the trip</td>
</tr>
<tr>
<td>• Check travel destination requirements</td>
<td>• If feeling ill, febrile, have a known exposure to positive COVID-19 case-DONOT TRAVEL.</td>
</tr>
<tr>
<td>• Minimize risk of exposure and infection during the weeks prior to departure</td>
<td>• Self-isolate or quarantine and follow-up with your Health Care Provider</td>
</tr>
<tr>
<td>• Reduce the number of people you have close contact with prior to the trip.</td>
<td>• Use all safety strategies- wear a face mask, use physical distancing as much as possible, carry and use hand sanitizer and wipes for high contact surfaces.</td>
</tr>
<tr>
<td>• Do not gather in groups over 10 individuals without physical distancing and face coverings.</td>
<td>• Be aware of waiting area, lines, etc.</td>
</tr>
</tbody>
</table>
THE MOST CAUTIOUS APPROACH UPON ARRIVAL AT YOUR DESTINATION:

- Self-quarantine for 14 days after arrival.
- Eat with physical distancing or outdoors with physical distancing.
- Use separate utensils, glasses, and plates.
- Use separate bathroom from other family members.
- Avoid hugging, kissing, and shaking hands.
- Maintain face coverings and hand hygiene.
- Consider HEPA filter units in the home and opening windows to improve ventilation.

*Remember* - a test measures one point in time. The COVID-19 incubation window is 2-14 days which is why the quarantine window is 14 days. It will not rule out becoming symptomatic 7 days after the test or take into account the number of people you may have exposed during that time period.

ALTERNATIVE OPTIONS

- Encourage virtual holiday get-togethers with family and friends.
- Find new ways to be creative to interact with family and friends. Use the opportunity to create new family traditions and ways to be together and keep everyone safe.

CYPRESS COLLEGE GUIDELINES FOR RETURNING TO CAMPUS AFTER HOLIDAY TRAVEL

IF YOU BECOME SYMPTOMATIC:
1. Isolate in your household (away from any person or animal).
2. Monitor your symptoms.
3. Contact your Health Care Provider for testing and/or get tested at local COVID-19 testing sites [https://occovid19.ochalthinfocom/testing-resources-orange-county](https://occovid19.ochalthinfocom/testing-resources-orange-county).
4. Contact those you had close contact with to inform each of them of your symptoms and find out if anyone else is symptomatic or positive for COVID-19.
   a. Advise others who were exposed at the event and are asymptomatic to self-quarantine for 14 days due to possible exposure and get tested for COVID-19.

IF YOU ARE NOT SYMPTOMATIC:
1. It is recommended to self-quarantine to prevent exposing others.
2. Monitor your symptoms.
3. It is recommended to get a COVID-19 test if anyone at the event you may have been exposed to becomes symptomatic or tests positive for COVID-19.