

SPRING BREAK TRAVEL TIPS 2020

“Enjoy your time...protect your family from illnesses.”

1) Before you travel, check for travel advisories for your planned vacation site.

Go to www.cdc.gov for more information.

2) Practice good hand hygiene frequently!!!

- Wash your hands with soap & water
- Wash for 20-30 seconds minimum
- Dry with clean towel after washing
- Turn off faucet and open door with paper towel after drying hands
- If soap & water are unavailable use hand sanitizer with 60% alcohol or greater

3) If you become ill on an airplane or on a cruise ship, tell a crewmember immediately.

4) If traveling, be sure all vaccines are up to date at least 2 weeks before travel.

5) If leaving the U.S, it is best to receive the recommended travel vaccines for the area of travel. To find the list of recommended vaccines go to www.cdc.gov

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"Protecting our Community"