

## COVID-19 Travel Kit

1. MASKS - Wear one and carry a few spares. It should cover your nose and mouth.
2. HAND SANITIZER - 60% alcohol or 70% isopropyl alcohol. TSA is now allowing up to 12oz of liquid hand sanitizer in carry-on bags (used to be 3oz).
3. DISINFECTANT WIPES - Bleach based or hydrogen peroxide based cleaners. Make a travel pack by stacking wipes into resealable plastic bags.
4. ISOPROPYL WIPES - For cleaning your phone.
5. TRAVEL LAUNDRY DETERGENT - Soak cloth masks in a sink full of water and detergent. Scrub, rinse, wring out and hang to dry.
6. THERMOMETER - Most digital oral versions can be purchased for \$5-\$10. COVID-19 symptoms can include fever (>100 degrees F). Keep tabs on your temperature.
7. DIGITAL OXIMETER - If you are in a high-risk category for coronavirus- get one! Available at most pharmacies for \$30-\$50. Any saturation below 94% is a concern and you will usually be symptomatic (shortness of breath).

## Other Tips

1. Open doors with your elbow, not your hands.
2. Keep a 6-foot distance from others.
3. Avoid large groups of people.
4. Use touchless payment methods when possible.
5. Wash/sanitize hands after touching any surface.
6. Don't touch your mask once it is on your face. Avoid touching your face.
7. Disinfect your credit/debit card after use.
8. Drive or fly with as few stops as possible along the way.
9. For airport security checks, keep items in your carry-on, NOT your pockets. Items in your pockets will have to be removed and placed in an unsanitized bin for screening.
10. Get Medical Assistance Insurance (like Global Rescue/International SOS/MedJet). They'll provide local intel, health care resources and telehealth access 24/7 if you get sick while on travel.