

BDM SUGGESTIONS FOR TRAVEL SAFETY DURING COVID-19 (July 15, 2020)

Before Traveling

All volunteers should **not leave home if:**

- a. They are exhibiting symptoms of **any illness** before departure. Volunteers are also recommended to monitor their temperature 3 days prior to travel and not travel if it has been above 100 degree during any of these checks.
- b. They have been in contact with someone in the last 14 days who has tested positive, is waiting on a test result for COVID-19 or is experiencing symptoms of COVID-19.
- c. They are not comfortable traveling with a group or observing ALL the safety protocols listed below that are now required on a BDM site.
- d. There is a Stay at Home order in effect in their home region, or they have traveled in the last 14 days to an area that is considered a hot spot with high or growing COVID-19 metrics.

We know it is disappointing for the volunteer, but it is better for them not to go to the site than to share their illness during the journey or on the site and to be away from home when ill.

Packing

Individuals: Pack a face covering to wear while traveling and a small towel to wipe away sweat while you work to avoid touching your face with your hands.

Group: Make sure the group has hand sanitizer and disinfecting wipes for the trip and a way to track stops.

During Travel

- Wash hands frequently for at least 20 seconds and always after touching public surfaces. When running water and soap are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching shared surfaces.
- Cough or sneeze into your elbow and then wash or sanitize your hands.
- Physical distancing of at least 6 feet apart should always be observed when around other people.
- Volunteers should wear face coverings when indoors including in vehicles and when entering local businesses. Everyone should wear a face covering in public settings and when around people, especially when physical distancing is difficult to maintain. When eating or drinking, etc., they must be at least 6 feet apart before removing a mask to do so.
- Vehicle Travel
 - If traveling with a group, consider traveling in multiple vehicles as opposed to many in one van.
 - Improve the ventilation in the vehicle if possible (for example, open the windows or set the air ventilation/air conditioning on non-recirculation mode).
 - Consider no more than 9 in a van with 4 rows of bench seating. Have volunteers wait to load the passengers behind them first before they enter the van.
 - In any vehicle, have at least 1 passenger seat space between passengers (i.e.: if the seat holds 3 people, only seat 2 on opposite ends of the seat with space between them.)
 - Have assigned seats, so volunteers only sit in one location for the whole trip.
- Air Travel poses similar risks and most airlines and airports have guidelines and regulations in place. Please be aware of these guidelines and follow all regulations as requested.
- Pack and use disinfecting wipes after entering/leaving a vehicle (gas stop, rest stops, food stops) to wipe down all areas touched or to be touched before/after use.
- When stopping for food, purchase from drive-thru, curbside pickup or from a store. Consider not dining inside restaurants. If possible, eat outside of the vehicles where there is more ventilation since face coverings need to be removed.
- Keep a log of all stops made (location/address/City/State) and all who exited and entered the vehicle in case future contact tracing is needed.
- Upon arrival to the project site, report any symptoms of any illness to leadership immediately.
- Consider a 14-day self-quarantine upon return or at least consider staying away from vulnerable people.

For more information visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html>