

## **BDM SUGGESTIONS FOR TRAVEL SAFETY DURING COVID-19 (March 2022)**

### **Before Traveling**

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

- a. They are exhibiting symptoms of **any illness** before departure. **Volunteers are asked to monitor their temperature 3 days prior to travel and not travel if it has been above 100 degrees during any of these checks.**
- b. They have tested positive for COVID-19 in the last 10 days, or they have been in contact with someone in the last 10 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 safety or travel order in effect in their home region, or they have traveled in the last 10 days to an area of substantial or high transmission of COVID-19 and had a close contact with someone who tested positive.

We know it is disappointing for the volunteer, but it is better for them not to go to the site than to share any 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 be observed when around other people.
- Be aware of and follow the guidance and requirements that are offered by local officials and business owners in the areas you are traveling through regarding face coverings. CDC has provided information suggesting that everyone, including fully vaccinated people, should wear a face covering in public indoor settings in areas of HIGH COVID-19 Community level transmission. This would include a van when passengers cannot be 6 feet apart when coming from or traveling through and stopping in an area of substantial or high transmission.
- Vehicle Travel – (consider the vaccination status of those in the group for variations)
  - 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).
- When stopping for food, purchase from drive-thru, curbside pickup or from a store. Consider not dining inside restaurants in areas of HIGH COVID-19 Community level.
- 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.
- Monitor your symptoms for 10 days upon return and consider staying away from vulnerable people.

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