

## **BDM SUGGESTIONS FOR TRAVEL SAFETY DURING COVID-19 (September 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 less than 6 days before departure or after testing positive more than 6 days before departure they are not fever-free for 24 hours (without the use of fever-reducing medication) or their symptoms are not improving.
- c. They have been in close contact with someone in the last 6 days who has tested positive, is waiting on a test result for COVID-19 or is experiencing symptoms of COVID-19. If day 6 is before departure, the volunteer should test before leaving for the project regardless of symptoms and not travel if the test is positive.
- d. If they are coming from or going to an area with a HIGH COVID-19 Community Level and are not willing to wear a face covering when within 6 feet of others, including in the housing facility, in vehicles, on the job sites, and when entering local businesses, regardless of vaccination status, previous infection, or individual risk.
- e. They are not comfortable traveling with a group or observing ALL the safety protocols listed below when on BDM rebuilding sites.

Though 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 possible.
- 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, regardless of vaccination status or date of previous infection, should wear a face covering in public indoor settings in areas of HIGH COVID-19 Community level transmission. This would include a van where passengers cannot be 6 feet apart when coming from or traveling through and stopping in an area of substantial or high transmission.
- Vehicle Travel –
  - If traveling with a group, consider traveling in multiple vehicles as opposed to many in one van.
  - If possible, improve the ventilation in the vehicle (for example, open the windows or set the air ventilation/air conditioning on non-recirculation mode)
- Airlines and airports may 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 the leadership immediately.
- Monitor your symptoms upon return home and consider staying away from vulnerable people.

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