

SAFE TRAVEL DURING COVID-19



TRAVEL IN THE UNITED STATES

COVID-19 cases have been reported in all 50 states and there is still much uncertainty surrounding the pandemic. The best way to proactively protect your health and others' health is to follow shelter-in-place orders. **HARC does NOT recommend traveling during this time**, but if you are going to do so, then please adhere to the [CDC's travel guidelines](#). If you are sick, then please DO NOT travel during this time.

BEFORE TRAVELING

Ask yourself the following questions:

- Is COVID-19 spreading where you are traveling to?¹
- Is COVID-19 spreading in your community?¹
- Will you not be able to socially distance from others during or after your trip?¹
- Are you or those you are traveling with more likely to get very ill from COVID-19?¹
- Do you live with someone who is in a vulnerable group to get very ill from COVID-19?¹
- Does the state or local government where you reside require you to stay home for 14 days after traveling?¹ Check your local or state health department's website.

If you answered "yes" to any of the questions above, then please re-assess traveling during a pandemic. You are not only putting yourself by traveling during this time, but you are also putting others at risk as well.



RISKS ASSOCIATED WITH DIFFERENT TYPES OF TRAVEL



It may be difficult to socially distance yourself from others via air travel because of close proximity with others in security lines, airport terminals, and crowded flights. You will also be near a lot of frequently touched surfaces. Although the air circulation and air filter make it difficult for most viruses and germs to spread easily, air travel does increase your chances of exposing yourself to COVID-19.¹



Bus or train travel may involve sitting or standing within 6 feet of other passengers.¹



Although you do not have to worry about social distancing in the car, you do increase your chances of exposure to COVID-19 when you stop for gas, food, or bathroom breaks.¹



Stops at RV parks, gas stations and other public places may increase your chances of exposure to COVID-19.¹

IF YOU TRAVEL:



- Wash your hands after you enter and exit your mode of transportation.¹
- Avoid touching your eyes, nose or mouth after touching objects or surfaces such as gas pumps or counters.¹
- Practice social distancing when possible at the airport or while camping.¹



BE SURE TO:

- Take enough medicine with you for your trip.¹
- Pack alcohol-based hand sanitizer (at least 60% alcohol).¹
- Take enough disposable face masks or reusable face coverings.¹
- Prepare enough food and water.¹
- Take steps to protect yourself from COVID-19 when booking accommodations or planning an overnight stay such as calling the hotel ahead of time to check if they use plexiglass barriers at check-in counters.¹



KNOW THE STATS

- As of July 20, there are 400,769 COVID-19 total cases in CA and 7,755 total deaths.²
- As of July 20, there are 31,163 COVID-19 total cases in Riverside County and 588 deaths.³



STATE AND LOCAL TRAVEL RESTRICTIONS

- Governor Newsom has directed California residents to follow stay-at-home orders to slow the spread of the virus. The state of California has closed indoor operations for restaurants, wineries, movie theaters, family entertainment, zoos, museums, cardrooms, bars, fitness centers, places of worship, offices for non-critical sectors, personal care services, hair salons and barbershops, and malls.²
- The reason California has recently undergone a second economic shutdown is because the number of COVID-19 cases are increasing.²
- Be sure to check the state or local health department in your area and your planned destination for travel guidance.¹

RETURNING FROM TRAVEL AFTER COVID-19 EXPOSURE

- Stay home for 14 days after returning home from travel.⁵
- During the 14-day isolation period, take your temperature with a thermometer twice a day. Monitor for fever or other COVID-19 symptoms such as coughing or difficulty breathing.⁵
- Do not leave your home and avoid contact with others.⁵
- Do not take public transportation or ride-share services.⁵
- If you are living with others, maintain 6 feet of distance.⁵



WHAT TO DO IF YOU GET SICK

- STAY HOME! Avoid contact with others.⁵
- Most people who have tested positive for COVID-19 have recovered at home without medical care.⁵
- If you have difficulty breathing or if you are concerned about your symptoms, then call or text your healthcare provider.⁵
- Call ahead before you visit a doctor's office or emergency room.⁵
- Telemedicine appointments may be available.



STAFF TIPS

CEO Dr. LeCompte-Hinely recommends using a calculator from Georgia Tech's Applied Bioinformatics Laboratory before attending a gathering to estimate the chance that someone with COVID-19 will be at the gathering. The data is based on the size of the gathering and county-level COVID-19 data, among other factors.



Our Administrative Manager, Theresa, recently went camping. She made sure to camp safely, including setting up tents far apart and maintaining social distance.

Sources:

1. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
2. <https://covid19.ca.gov>
3. <https://covid19.ca.gov/roadmap-counties/#track-data>
4. https://www.parks.ca.gov/?page_id=30350
5. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>



For more resources, please visit:
HARCdata.org/covid-19

STATE PARKS COVID-19 RESOURCE CENTER

The state of California recognizes the benefits of the outdoors during this time. Thus, operations of the park system have been modified to provide an outdoor experience that reduces the risk of exposure to COVID-19.⁴ State parks will monitor visitation and physical distancing across the State Park System, and if unsafe conditions develop, park units may close again. Make sure to follow the guidelines, as recommended by the state.



FOR PARK UNITS THAT ARE OPEN

- To comply with state and local health ordinances, limited parking is available at 193 park units. A list of open park units may be found here.
- Few campgrounds have re-opened with limited capacity and with new camping guidelines.⁴

VISITOR GUIDELINES

- Plan ahead. Check the webpage of your outdoor destination. You will find if the location is open, what new guidelines are in effect, and if parking is available.⁴
- Maintain social distancing.⁴
- Keep clean and sanitize.⁴
- Wear a face covering.⁴
- If you are camping, then use the restrooms in your unit.⁴
- Do not raft up to other boaters or other people.⁴
- Know that the experience will be different. Guided tours, and many indoor facilities such as museums and visitor centers remain closed.⁴

