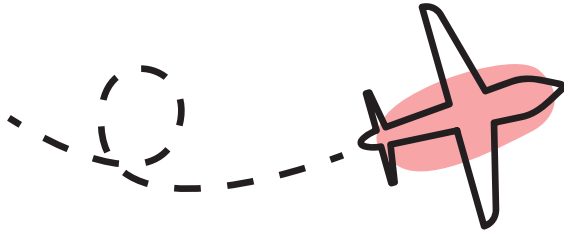


# PLANES, TRAINS, AUTOMOBILES (AND COVID-19)

*The best place to be is at home staying safe, but if travel is REQUIRED, here are some travel tips to protect yourself and others*

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## AIRPLANES

If you do choose to travel via airplane, make sure the airline requires passengers to wear masks. It is difficult for pathogens to spread in airplanes because of how air circulates and filters in a pressurized cabin but the mask will help even more.

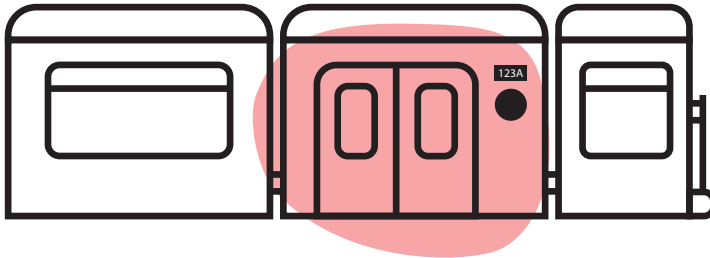
Make sure to distance yourself from other passengers. This can be difficult on a crowded flight but most airlines are limiting capacity of planes and keeping middle seats empty. You can also strategically book your flights to avoid contact with large crowds. Some airlines allow you to choose your seats before booking and you can gauge how many people will be on the flight. Flights on weekdays are usually less crowded than weekend flights.

### DO

- Mask up
- Follow regulations set by travel provider
- Choose a provider that has set and followed COVID guidelines
- Put space between yourself and other passengers not in your home bubble
- Eat before you get to the airport to limit any time you won't be wearing a mask

### DON'T

- Show up super early to the airport/station because longer exposure time = higher risk
- Take your mask off during the flight/ride



## TRAINS & PUBLIC TRANSPORTATION

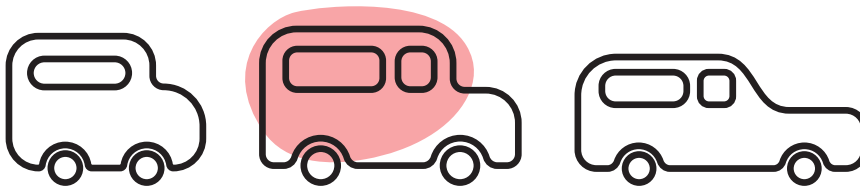
Public transportation is probably the most difficult method of transport to navigate during the pandemic. While most transit systems are limiting capacity, it can be difficult to feel safe in small crowded spaces. Keep up to date on rules and requirements made by local transit authorities to decide if it is a good idea to use it.

### DO

- Mask up
- Follow regulations set by travel provider
- Choose a provider that has set and followed COVID guidelines
- Put space between yourself and other passengers not in your home bubble

### DON'T

- Show up super early to the airport/station because longer exposure time = higher risk
- Take your mask off during the flight or ride



## CARS

If you're in a rideshare/taxi it is very important that everyone is wearing a mask and that the windows are open if they can be. Even with a plastic divider between passengers and drivers, you are not sealed off from each other in any way.

Road trips aren't without their share of risk either. Breaks at gas stations, rest stops, and anywhere along the way carries potential exposure to COVID especially in high case areas.

### DO

- Mask up
- Make sure your driver has a mask on
- Open all windows

### DON'T

- Be afraid to ask your driver to wear a mask
- Take your mask off during the ride

