

Security SpotLight

An Informational Guide for Security Clients

Travel Safe

These tips highlight three principles that apply to daily living as well as travel.

- Plan for the unexpected.
- Be vigilant.
- Use common sense.

Following these recommendations can help make your travel experience secure and satisfying.

Additional Resources

The **CDC** provides travel health and safety recommendations on its website.

The **World Health Organization (WHO)** maintains a dashboard of current outbreaks and offers guidance and additional resources for travel health on its website.

Integrity / Vigilance
Helpfulness



Securitas Security
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Travel Health and Safety Awareness

Travel offers the opportunity to discover new places, revisit favorite locations or visit distant friends and family. It can be an enriching and rewarding experience, but travel or visiting any place where crowds might gather can also leave a person vulnerable. Using Securitas' core value of Vigilance can help ensure a safer, healthier journey.

Keep Your Distance

As travel restrictions ease and people begin to move about more freely, it is important to be aware of guidelines that help reduce the spread of sickness. Viruses, such as the novel coronavirus that causes COVID-19, can be easily transmitted from one person to another. They are spread via direct and indirect contact with an infected person. Some of the ways they can spread include droplets sprayed when

talking, close personal contact, or touching a contaminated surface. Healthy-looking people can be contagious. Because of this, it is best to use social distancing when in the company of anyone outside your immediate household. Wearing a cloth face covering can provide an additional layer of protection from aerosolized droplets and is highly recommended when social distancing is not possible such as in crowded locations or when using mass transportation such as planes, trains and buses.

Be Prepared

Whether your trip is for business or personal reasons; abroad or close to home; by plane, car, or mass transit, proper planning can help things go more smoothly. When planning your travel, be aware of any travel restrictions that might impact your

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Travel Healthy

Public restrooms, rest stops, transit hubs and crowded attractions increase your exposure to germs that can make you sick. They are also places at which it can be difficult to practice social distancing and may put you at greater risk for contracting COVID-19.

The [CDC website](#) offers resources and best practices to help reduce your chances of getting sick if you travel during an outbreak.

CDC suggestions include the following:

- **Wash your hands often and keep alcohol-based hand sanitizer (at least 60% alcohol) handy for when soap and water is not an option.**
- **Wear a cloth face covering in public places.**
- **Avoid close contact with others.**
- **Pack non-perishable food in case restaurants and stores are closed.**
- **Get food using drive-throughs, curbside delivery, or at stores.**

plans. Monitor the status of any public health concerns at your point of origin and your destination as it can change quickly and may result in the need for you to take additional actions to protect yourself and those around you.

Prior to departure, create a checklist of things to remember. A checklist can help you stay organized.

Travel Wise

Many airlines have enacted additional travel rules. If your plans include plane travel be aware of your airline's rules. Arrive at the airport early and allow extra time for enhanced screening. Transit professionals are trained to evaluate and manage emergency situations. Always follow their directions and notify them if you observe something unusual.

Prepare for international travel by knowing how to contact the U.S. embassy where you're going. It is also a good idea to be aware of local laws and restrictions. This might include the need for an international driver's permit or a doctor's letter of necessity for any medications you bring. Be aware of any associated exchange fees on credit card purchases.

If planning a road trip, consider a membership in the American Automobile Association (AAA) or subscribing to a roadside assistance

service to give you access to resources such as navigation support or roadside repairs. In your trunk, keep an emergency kit that includes jumper cables and other supplies for basic repairs as well as personal emergency items. If you break down, AAA recommends moving your vehicle safely away from traffic. If it can't be moved, exit the vehicle and stand away from traffic. Remain with the vehicle until help arrives, if you can safely do so. Tie a white cloth to a door handle or use reflective triangles or flares to alert other drivers.

General recommendations to consider when traveling include:

- Make photocopies of itinerary and travel documents and designate an emergency contact.
- Travel with medications in their original prescription bottles and bring extra in case of travel delays.
- Avoid carrying cash (use traveler's checks or credit cards).
- Read the safety information for your choice of lodging and transportation and locate the nearest emergency exits upon boarding or arrival.
- Wear a seat belt and use an approved child safety seat for children under 40 pounds.
- Pack emergency supplies such as a flashlight, blanket, first-aid kit, water and snacks.

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For more information on this and other security related topics, visit the Securitas Safety Awareness Knowledge Center at <http://www.securitasinc.com/en/knowledge-center/security-and-safety-awareness-tips>