

How to Travel Safely During a Pandemic *or* When Community Levels of Contagious Illnesses are High



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

Learning Objectives

- What should you consider before you travel?
- What are Community Transmission Levels?
- Understand on a “high-level” what the Chain of Infection is, and be able to provide one or two examples of how someone may contract an illness when travelling, and how it could have been prevented.
- Understand what a High-Touchpoint Surface is, and be able to provide some examples of what they are.
- List out what would should be included in a Pandemic Travel Kit



A scenic view of a desert landscape. In the foreground, several tall, columnar saguaro cacti stand prominently. The middle ground shows a range of rugged, rocky mountains with sparse vegetation. The sky is a clear, bright blue with scattered, soft white clouds. The overall lighting suggests a bright, sunny day.

Before You Go

Before You Go

Know if the area you are traveling to requires the following:

- Proof of vaccinations and if so, *what* vaccinations
- Testing results (i.e. official COVID or Flu PCR test results)
- International health insurance



Know some healthcare providers that take your health insurance in the area you intend to travel to, just in case. If you do get sick while traveling, you do not want to scramble to find one when you already do not feel well.

Pack an Expanded Pandemic Travel Kit (later in presentation we have a checklist of recommendations for the kit)

Do research prior to traveling; check the CDC website to see if there are any high levels of community transmission of infectious diseases, such as COVID-19, the Flu, or RSV.

It is always a good idea to test yourself for things like COVID or the Flu prior to traveling.

Know if you are considered high risk for any infectious illnesses that you are likely to come into contact, when traveling in crowded, poorly ventilated spaces.

Before You Go

Consider your method of travel and plan ahead!

Are you traveling by air?

- Airports have a large number of travelers from all over the world at them, and airplanes are not typically well-ventilated, so make sure to bring a well-fitting face mask, gloves, and extra alcohol-based hand sanitizer with you.
- You may also want to bring extra disinfecting wipes to disinfect your area.

Are you traveling by bus?

- Buses are not typically well-ventilated, so make sure to bring a well-fitting face mask.
- You may also want to bring extra disinfecting wipes to disinfect your seat (people often put their feet up on seats) and your general area.



Before You Go

- ❑ **Are you traveling by your own vehicle?**
 - Plan for all your gas stops, and bring extra disposable gloves for pumping gas with.
- ❑ **Are you using a rental car?**
 - You may want to bring extra disinfecting wipes to disinfect your rental car. Even if a car “looks clean and vacuumed”. The **inside of a car typically hosts significantly higher levels of germs than the average toilet seat**, according to a study by researchers at [Aston University in Birmingham, UK.](#)
- ❑ **Are you staying with a family or friend, or using a hotel?**
 - For those staying in a hotel, bring extra disinfecting wipes to disinfect your hotel room. While many hotels state they use enhanced cleaning methods, this is not necessarily true and not usually verifiable prior to your stay.



Infectious Disease Considerations: Community Levels

The CDC will often establish **Community Levels** to help people decide what preventative actions to take, based on case counts and the community spread (between people who are not in the same household) of whatever infectious illness is currently prevalent. We saw this utilized during the COVID-19 Public Health Emergency, and the [COVID-19 Community Levels](#) were frequently based on hospitalization and case data.

- Using those data points, communities would individually be classified as low, medium, or high risk of encountering the illness incidentally.
- This simply means, what are the odds of you coming into contact with the illness and catching it, when you are simply going about your day-to-day activities, like going to the grocery store, using public transport, attending events, etc.



Infectious Disease Considerations: Community Levels

Community Level Recommendations include things like:

Green (Low Community Level Risk)

- People may choose to mask at any time.
- Masks are recommended in indoor public transportation settings (i.e. buses, rapid transit trains, ride shares, etc.) and may be required in other places by local and/or state authorities.

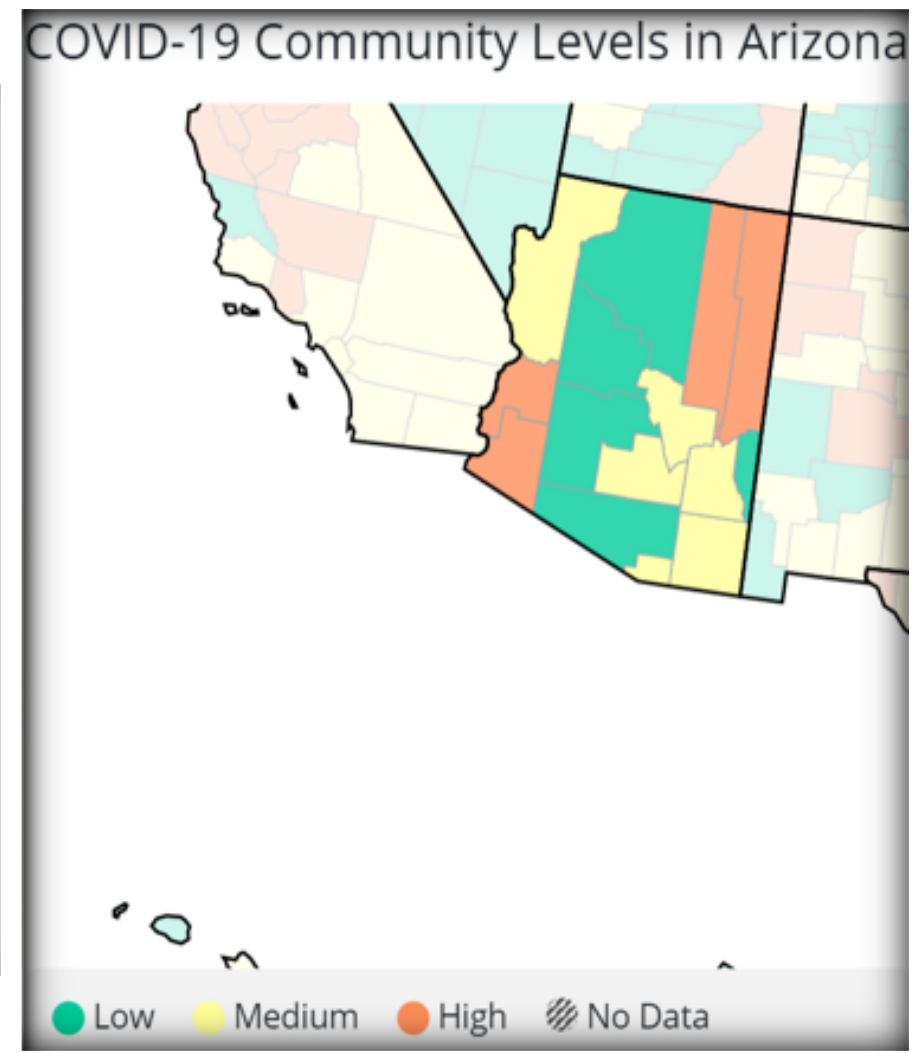
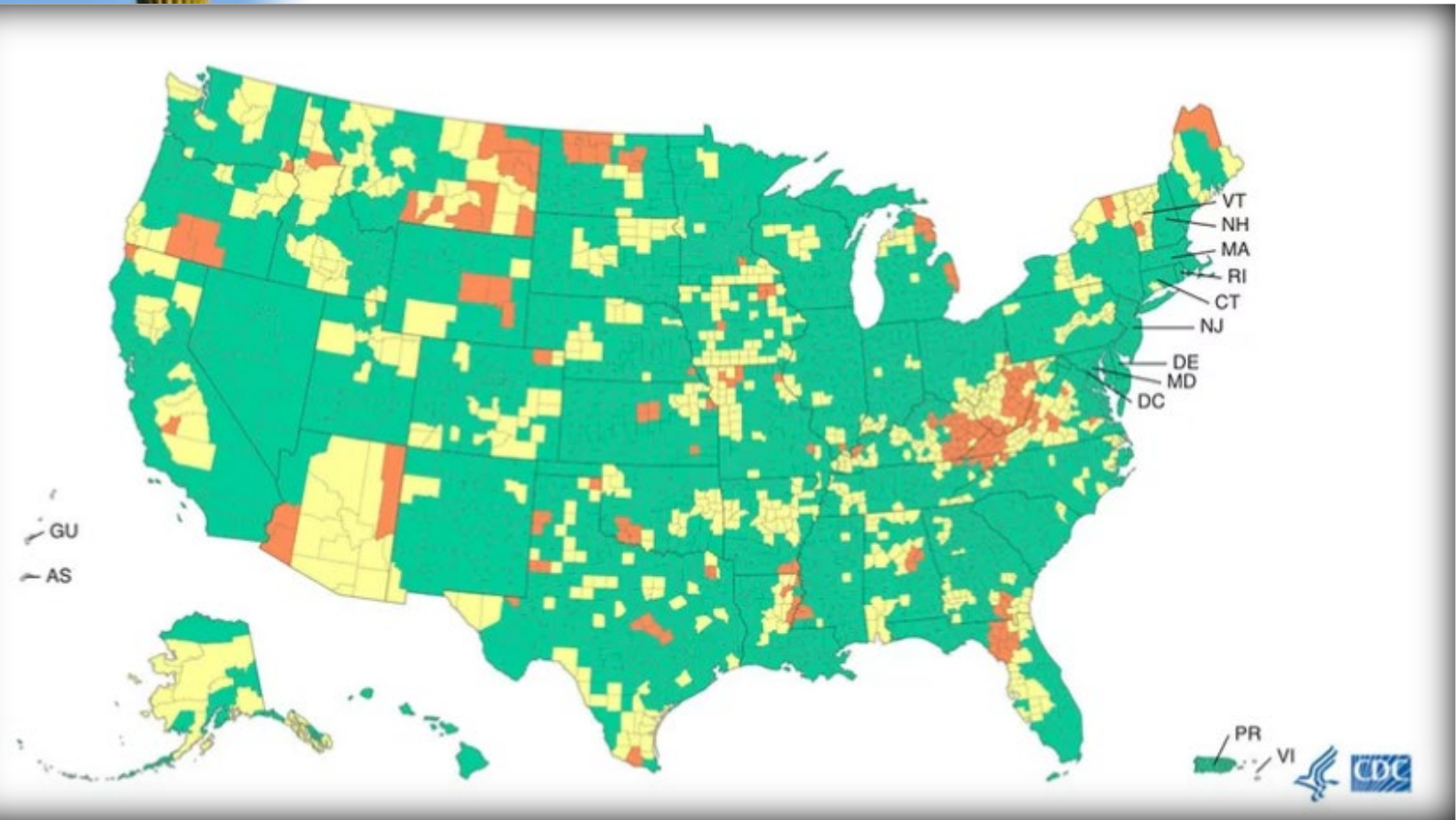
Yellow (Medium or High Community Level Risk)


- If you are at high risk for getting very sick wear a high-quality mask or respirator.
- If you have household or social contact with someone at high risk of getting very sick, consider self-testing to detect infection before contact with the high-risk individual and consider wearing a mask when indoors with them. Many infectious respiratory illnesses can transmit when we are asymptomatic.

Red (High Community Level Risk)

- Wear a high-quality mask or respiratory like an N-95 or KN-95
- If you are at high risk for getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

Example Community Levels Maps

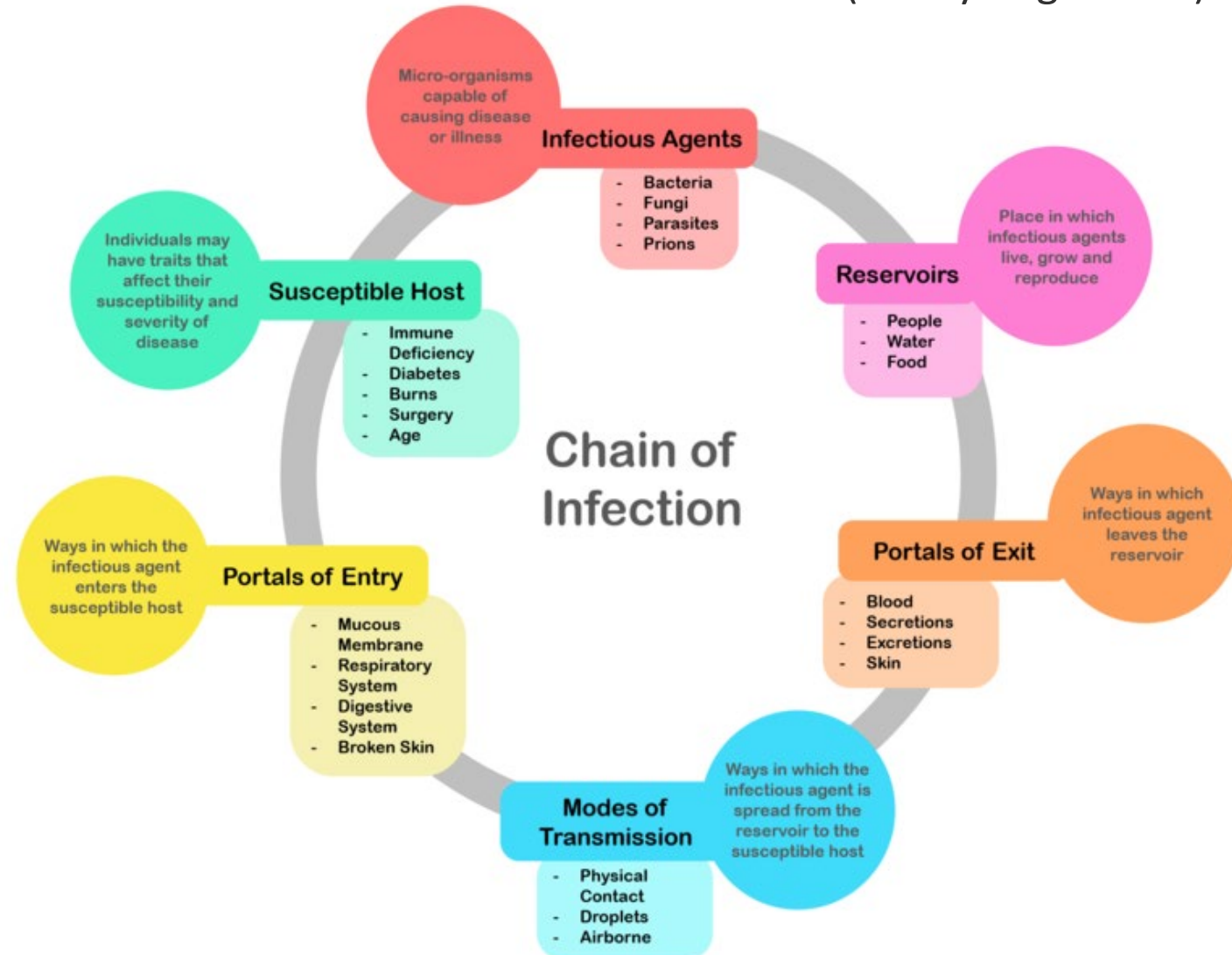


A desert landscape featuring several tall saguaro cacti in the foreground and middle ground. In the background, there are rugged, rocky mountains under a clear blue sky with some light, wispy clouds. The overall scene is bright and sunny.

Chain of Infection – High Level Overview

Chain of Infection

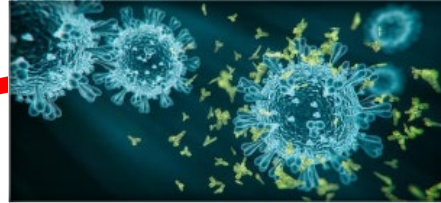
Let's talk about the Chain of Infection! (How you get sick!)





Chain of Infection

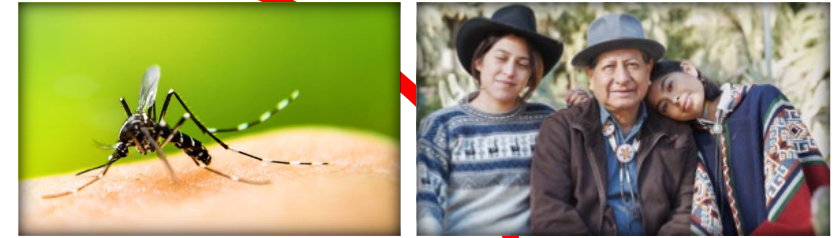
Microorganism



Susceptible Host



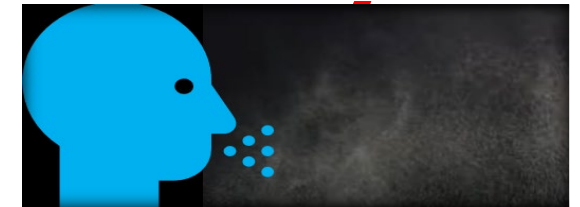
Reservoirs/Sources



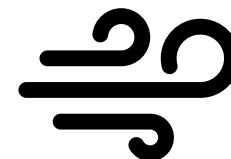
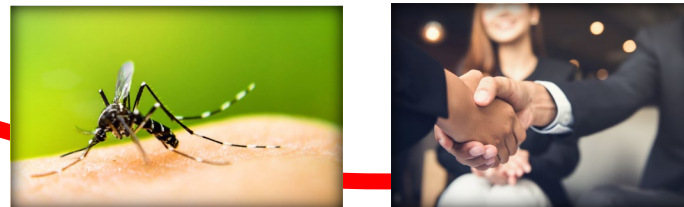
Port of Entry



Port of Exit



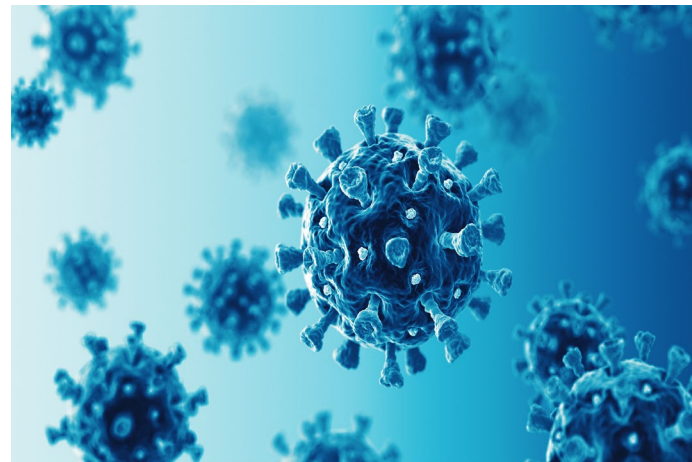
Modes of Transport



Chain of Infection Overview

Overview

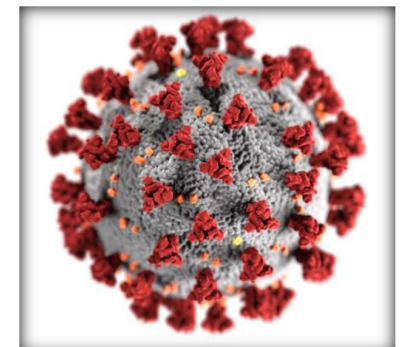
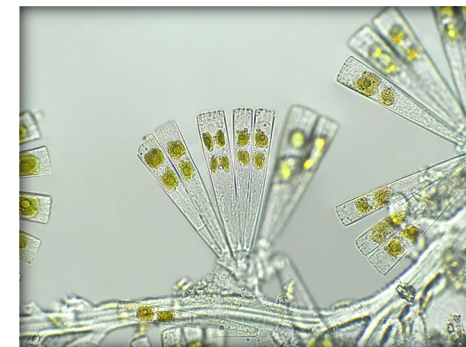
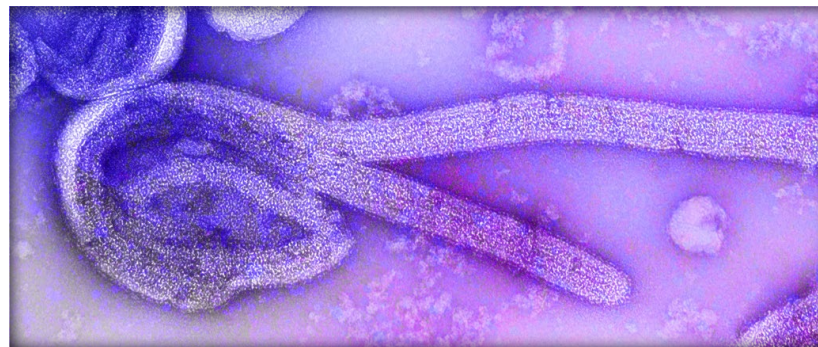
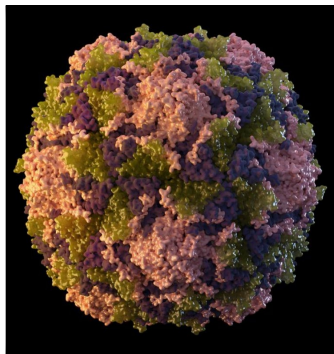
1. A person, even one wearing a mask, breathes, sneezes, or coughs, and air escapes out into the air. Saliva particles travel through the air, until they are either breathed in by someone, or drop down onto a surface, like a countertop, floor, arm rest, etc.
2. A second person either walks by and breathes in the invisible saliva particle (when it is airborne) or touches a surface that has it on it. Then, they touch some part of themselves that has a cut or other opening into the body, such as their nose, mouth, or eyes.
3. The infectious agent gets into their body. You can literally culture infections that are bacterial from a person's saliva swab.



Step 1: Microorganism

Types of Pathogens

Pathogen (Microorganism) Type	Examples
Virus	Influenza, COVID, Shingles, Hepatitis, Herpes, MERS, Smallpox, Ebola, and Marbur
Bacteria	Clostridium tetani, the causative agent of tetanus, Leptospirosis, Legionella pneumophila (Legionnaire's Disease), Lyme Disease
Fungi	Valley Fever (Coccidioides), Candidiasis and Aspergillosis
Parasite	Malaria, Giardia and Toxoplasmosis
Prion	Creutzfeldt-Jakob disease (CJD)



Infectious Agents – Chain of Infection

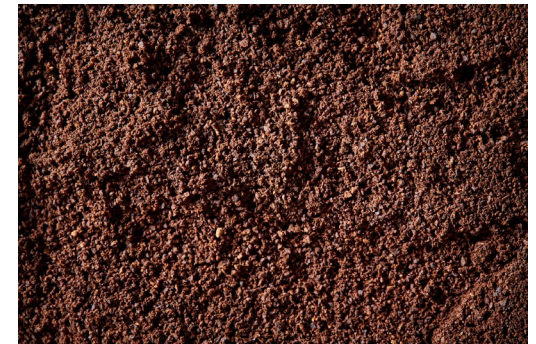
Pathogen	What is it?	How Does it Make You Sick?	Illness Examples
Bacteria	Bacteria are small single-celled organisms. They have a cell wall, cell membrane, and DNA to replicate.	Bacteria are all over the earth and even inside our bodies. Some help us to maintain good gut health. Unfortunately, sometimes bacteria will multiply so rapidly that they quite literally crowd out their host (our) cells and tissues. This disrupts normal function of our cells and organ systems and can lead to cells and tissues dying. Other times bacteria can actually release toxins inside of our body!	Salmonella, Strep Throat, Tuberculosis, Gastroenteritis (Food Poisoning), Chlamydia, Staph Infections, MRSA, and many more!
Virus	Viruses are microscopic organisms that differ from bacteria, in that they are not a single-celled organism. Instead, they have a protective outer shell and a small snippet of genetic information (either DNA or RNA) inside of them. Viruses get inside a human, animal, or even plants so that they can reproduce.	A virus gets into our body and binds to the outside of our cells by latching onto receptors. The virus then punctures our cell, allowing its piece of genetic information (DNA or RNA) to slide into our cell. The virus then uses our cells organelles to replicate. If a virus replicates too quickly it can kill cells, attacking nerves, tissues and organs, and it can even cause our own immune system to mount an exaggerated response to it, which an make us sick via a cytokine storm.	SARS-CoV-19 (COVID), Influenza Virus (the Flu), Herpes, HIV, Measles, Rabies, the Common Cold (RSV), and many more!
Fungi	Eukaryotic organisms (organisms whose cells contain a nucleus and other membrane-bound organelles.) like yeasts, mildews, molds, and mushrooms.	They infiltrate a host and have thick walls, so are hard to kill off. They then begin to grow. Common fungal infections occur on the skin or in the lungs. A fungal infection on the skin presents with redness, itching, flaking, and swelling. A fungal infection in the lungs might present with coughing, fever, chest pain, and muscle aches.	Candidiasis, Yeast Infections, Oral Thrush, and some types of Diaper Rash, Ringworm, Pneumocystis Pneumonia, Candida Auris, Athlete's Foot, and many more!
Parasite	Parasites are organisms that live in, on or with another organism (host). They need their host for survival, even if they are bad for them.	They feed, grow or multiply in a way that harms their host.	Babesiosis, Chagas Disease, Leishmaniasis, Malaria, and Toxoplasmosis.



Step 2: Reservoirs

Reservoirs

These are places where infectious agents live, grow and reproduce. This can include humans, animals, or even the environment itself. Sometimes the reservoir doesn't even get sick from the infectious agent!



People

People can be reservoirs for diseases without being symptomatic at times. Some pathogens even have a period of dormancy, when the infected individual is highly contagious, but shows no signs of the illness. Good examples include the 24 hours prior to showing COVID symptoms, individuals who have developed immunity to certain illnesses (strep throat), sexual transmitted infections, and many more.

Animals

Animals can also serve as a reservoir host, when the species in question and the pathogen in question have endemically circulated together and coevolved with one another. Consequently, the animal is often immune to the pathogen's effects. However, when it is transmitted to another host, such as a person, it can cause illness. Ebola and bats is an excellent example of such a relationship in nature.

Environment

An example of an environmental reservoir is the soil for *Clostridium botulinum*, which causes botulism. This can be found in soil, and then when food is improperly canned, the soil can spread the spores into the food source.

Step 3: Portals of Exit

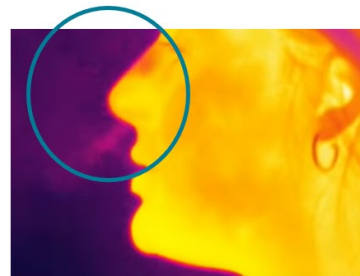
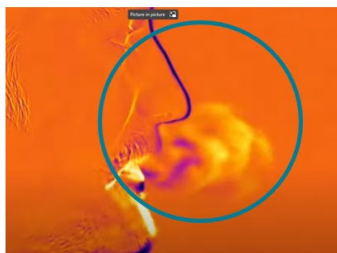
Portals of Exit

Ever hear that Personal Protective Equipment, or PPE, is important? This is because it protects you from what comes *out* of the “Portals of Exit”.

Portals of exit are ways in which the infectious agent can leave its reservoir. This can happen via blood and sweat with Ebola, or saliva particles and other bodily fluids with things like COVID-19 and the Influenza virus. These leave the body from coughing, sneezing, defecating, urinating, sneezing, and even sweating!

For a human reservoir, the portal of exit can include things like:

- Respiratory secretions when we breathe, talk, sneeze or cough (i.e. Influenza)
- Saliva when we kiss someone (i.e. Epstein Barr)
- Blood, from paper cuts, menstrual cycles, intravenous use of drugs, or more severe injuries (i.e. Hepatitis B and HIV)
- Urine (i.e. Leptospirosis)
- Fecal material (i.e. Norovirus)
- Sexual secretions (i.e. HIV)
- Sweat (i.e Ebola)



Step 4: Modes of Transmission

Modes of Transmission

Before a person can get sick with a viral, bacterial, or fungal infection, the disease-causing pathogen *first* must make its way into our body.

- Viruses, bacteria, and *most* fungal spores are so small that they cannot be seen with the naked eye. They are undetectable, and if you are exposed to one you will most likely not know until you become ill.

Airborne Pathogens

- Some pathogens, the smaller ones such as COVID-19, the Flu, RSV, and the Common Cold, can hitch a ride on respiratory droplets as we breathe, talk, cough, and sneeze. These float around in the air on these aerosolized droplets for varying time frames, and can be breathed in by you, or enter your body by landing in your eyes, nose, or mouth.
- Viruses, bacteria, and fungal spores can also land on a surface and **wait**. When someone else touches that surface, and then does something like rub their face, or write with a pen and then **chew on the pen**, the pathogen then enters their body and is passed on to them.

The Chain of Infection is not always DIRECT.

Non-Airborne Pathogens

- Some viruses, bacteria, and fungal spores that are larger do not remain in the air long, or are not spread by respiratory droplets. If they leave a person's body on a respiratory secretion, they tend to be too "heavy" and fall down right away, before there is an opportunity to be breathed in. They might also be passed through a person's bodily fluids, such as vomit, urine, blood or sweat.
- These pathogens then land on a surface and **wait**. Then, when someone touches that surface and touches their face, they become infected.

Step 4: Modes of Transport

Examples of Direct, Physical Contact

There are a LOT of ways, via direct physical contact, that can result in viral transmission from one person to another, or from one animal to a person. These include things like:

- Shaking hands at the office
 - **Fun Fact:** Studies have shown that fist bumping actually is less likely to transfer pathogens from one person to another, which is why you'll see a lot of EMS professionals fist bump rather than handshake!
 - The American Journal of Infection Control found that fist bumps transferred **10X fewer pathogens** than handshakes!
 - A study by Aberystwyth University found fist bumps transferred 90% fewer pathogens than handshakes!
 - That same study by Aberystwyth University found that high fives transferred 50% fewer pathogens than handshakes!
- Hugging or kissing
- Sexual intercourse or other sexual activities
- Getting exposed, particularly in a healthcare setting, to bodily fluids through splashing, coughing, or needle sticks
- Snuggling on a couch watching a movie
- Puppy paw high fiving your favorite pet after it has “done its business” outside
- Using the same straw to sample your friend or family member’s most *excellent* coffee



Step 4: Modes of Transport

Examples of Direct, Physical Contact

Direct contact can also transmit viruses.

- Everyday activities like shaking hands and hugging can put us into contact with another person's bodily fluids, like saliva, urine, sweat, or even blood for those of us who work in a healthcare setting.

This is due to a variety of factors, like:

- Forgetting to wash hands after using the restroom, which 42% of pre-pandemic survey respondents admitted to *not* doing regularly.
- During the pandemic and post-pandemic, the number of individuals self-reporting adherence to handwashing increased, but it is still not 100%.
- Observational studies have shown, repeatedly, that the majority of people (between 80% and 92%) fail to wash their hands correctly, meaning pathogens will be left behind on their hands. This *included* healthcare workers.
- Post pandemic, many respondents still admitted to not washing their hands or using hand sanitizer, after blowing their nose (25% of survey respondents admitted to this)



Step 4: Modes of Transport

There is Overlap Between Exposure Routes

Have you ever heard of “Toilet Plume”?

- This happens in public restrooms, when toilets get flushed on high power. It sends a cloud of aerosolized, microscopic particles into the air when the toilet is flushed. These aerosolized particles behave the same way that aerosolized particles do when we breathe, speak, sneeze or cough!
- This plume (and the aerosolized particles) travel up into the air, typically around six feet (can vary based on if there is air circulation) and can land on surfaces like the toilet paper, toilet seat, the flush handle, floors, sinks, sink handles, and even the soap dispenser pump!
- The plumes carry not just water, but microscopic bits of urine, fecal material, and of course, viruses!
- This is especially true when someone has diarrhea.

This is an overlap of direct contact and aerosolization. You could either breathe it in, or you could touch a surface the particles landed on.



Step 5: Portals of Entry

Routes into the Body

- **IMPORTANT:** Not all routes into the body are obvious.
- Examples of routes a pathogen can take to get into your body:
 - Mucus membranes on the face, such as the eyes, nose and mouth
 - Cuts on your face (i.e. those with severe acne may be at risk if they have any open cysts or pimples)
 - Papercuts on your hand
 - Abrasions on your knees, if you are wearing shorts or a skirt and kneel down on a surface people walk on with their shoes, or talk or cough over. You also can become accidentally exposed to what is on the bottom of people's shoes on things like bus seats. Many people put their feet up on bus seats if a bus is not crowded, and if you place your palms on the seat when sitting you can contract any pathogens that linger. **DO NOT UNDERESTIMATE HOW DIRTY PEOPLE'S SHOES ARE WHEN TRAVELING.**
 - According to a recent study done by Dr. Charles Gerba, microbiologist, and professor at the University of Arizona, there is an average of over **421,000 units of bacteria on the outside of our shoes. These bacteria include a combination of highly contagious diseases and infection-causing structures. Some of these can cause intestinal infections, urinary tract infections, lung conditions, pneumonia, meningitis, and more.**
 - Urogenital openings – this means you can actually contract an illness if contaminated toilet water splashes up into a urogenital region. While the odds of this happening are low, they are not zero.

Knowledge Check Slide

Example 1: How could the person pumping gas be exposed to a pathogen?



Example 2: It's vacation time – congratulations! However, as you board your flight, sick? If so, you wonder...can I get sick? If so, how could it happen?



Example 3: You're in your truck. How could you potentially be exposed to a pathogen inside your own vehicle?

A desert landscape featuring several tall saguaro cacti in the foreground and a range of rugged mountains in the background under a blue sky with scattered white clouds. The scene is brightly lit, suggesting a sunny day.

Chain of Infection Scenario

Chain of Infection Scenario: Picture This....

- There's a pandemic going on and you have health conditions that put you at **high risk of severe illness**. However, your car is running on empty and you are on a road trip to visit family for the holidays. You spot an empty gas station and pull in, figuring this is okay. No other people are around after all.
- You pull up, get out of your car, slide your credit card into the pump, punch in your bank PIN, and then grab the gas pump to fill up.
- The little numbers tick up as the gallons fill your car. And then it happens....
 - Maybe you have an itch and unconsciously reach up to itch your nose.
 - Maybe the wind kicks up, and sends your hair blowing against your mouth, sticking there, so you reach up to swat it away.
 - Perhaps your glasses are slipping down your nose, and you reach up to adjust them.
- Regardless of **HOW** it happens, you have just touched your face near mucus membranes.
- Unbeknownst to you, the person using the pump before you, **a person you never saw and have never met**, had just coughed into their hand, touched the electronic keypad to enter in their own PIN, and also touched the gas pump. The problem is that this person was sick with a potentially deadly virus. For them, it was just a cold, but for you, it could be deadly.

Viruses can live on surfaces for many hours, capable of causing illness. So even though you never saw the other person, and you have been wearing a mask around other people diligently, you wind up sick anyway due to pumping your gas and then touching your face before cleaning your hands.

Chain of Infection

Understanding the basics of how the Chain of Infection works, can help you to travel safer.

Travel Pro Tips!

- Your odds of being exposed to a disease-causing pathogen go **UP IN CROWDS** and poorly ventilated areas.
- Be aware of high-touchpoint surfaces, and use a hand-sanitizer of at least 60% alcohol after touching one.
- Don't ever touch your face (eyes, nose, mouth) unless you have just washed your hands or disinfected them.
- For those with long hair, tying your hair back when traveling is always a smart move. This will help keep hair out of your eyes and mouth, and you will not have to touch your face to move it away as often.
- Wear a well-fitting mask in public, and be cognizant of community levels of any contagious, disease-causing, airborne pathogen, such as COVID-19, the Flu, or RSV.
- Be aware of routes into your body *beyond* your eyes, nose and mouth. Do you have a cut on your hand? This is a route into your body. Make sure to cover all cuts or open wounds with a well-sealing bandage prior to traveling.
- Use toilet seat covers whenever possible.

A desert landscape featuring several tall saguaro cacti in the foreground and middle ground. In the background, there are rugged, rocky mountains under a clear blue sky with scattered white clouds. The overall scene is bright and sunny.

High-Touchpoint Surfaces

High-Touchpoint Surfaces

What is a High-Touchpoint Surface?

High-touchpoint surfaces are **areas that have the most frequent contact with the fingers and hands of people**. They are things that, on a day-to-day basis, you may not even think about touching.

- Consequently, these areas are much more likely to have disease-causing pathogens, such as viruses, bacteria, and fungal sports, on them. **These areas require more cleaning and disinfecting than others**. Even if they are not visibly dirty, these places house the most unseen germs and bacteria.

Travel Pro Tips!

- Carry miniature bottles of alcohol-based hand sanitizer**, of at least 60% alcohol concentration, when you travel. If you touch a high-touchpoint surface, use the hand sanitizer immediately afterwards.
- Carry disposable gloves**. You never know when you may need them to pump gas at a gas pump (a high-touchpoint spot) or to do a quick wipe down of your area.
- Carry disinfecting wipes**. Things like Lysol wipes and Chlorox wipes come in “travel size” packs, and can kill things like the SARS-Cov-2 virus and Influenza Types A and B. If you are going to be somewhere for awhile (i.e. a long plane flight), put on a pair of gloves and use the sanitizing wipes to disinfect your area.



Knowledge Check Slide

Think about some other high-touchpoint surfaces you encounter in:

- 1) Your everyday life
- 2) When traveling by car
- 3) When traveling by plane
- 4) When using public transportation or restrooms



Examples of High Touchpoint Surfaces?

High touchpoint surfaces in day-to-day life include:

- Doorknobs
- Light Switches
- Gas Pumps
- Electronic Key Pads
- Pens for signing paper and electronic receipts
- Countertops
- Shopping Carts
- Tables
- Faucet Handles
- Soap Dispensers at Sinks
- Keyboards and Other Shared Equipment
- Phones and Cell Phones
- Remote Controls
- Toilet Seats
- Toilet Handles for Flushing

High touchpoint surfaces when traveling include:

- Planes:
 - Overhead compartment handles
 - Airplane tray tables
 - Airplane seats
 - Arm Rests
 - Seatbelts
 - Magazines in the back of plane seats
 - Anything in the cramped plane bathroom
- Buses
 - Bus Railings
 - Arm Rests



Disinfecting Common Areas

When traveling you will obviously not have all the typical means available to you, that you would otherwise use to disinfect surfaces. However, you do have options.

Things like Lysol wipes and Chlorox wipes come in “travel size” packs.

When traveling carry these in your carry on bag on planes, or in your backpack or purse. They do not take up much space.

When wiping down a common area you plan to be in for awhile...

- Step 1 - Wear disposable gloves
- Step 2 - Open your disinfectant wipes and began wiping down the common space you will spend time in. Example: your seat, your tray table, arm rests, etc.
- Step 3 - Collect all disinfectant wipes and dispose of them properly.
- Step 4 – Remove your gloves and dispose of them properly.
- Step 5 – Either wash your hands with warm, soapy water, *or* (if no handwashing area is available) use alcohol-based hand sanitizer of 60% alcohol or greater.



Note: The AACIHC does not endorse any particular brand of disinfecting wipe over another. Images are shown for illustrative purposes only.

A desert landscape featuring several tall saguaro cacti in the foreground and a range of rugged mountains in the background under a blue sky with scattered white clouds. The text "Hand Hygiene" is centered in the middle of the image.

Hand Hygiene

Washing Your Hands “On the Go”

When traveling you will not always have a place to wash your hands, but you **will** touch many high-touchpoint surfaces, and be potentially exposed to a large number of pathogens.

Ensuring good hand hygiene when “on the go” is an important way to stay healthy.

- The best way to disinfect your hands without access to running water is to use an alcohol-based hand sanitizer with at least 60% alcohol per the CDC. Cover your hands completely with sanitizer. Next, rub your hands together until they feel dry (this should take around 20 seconds). Do NOT wipe the sanitizer off. It must air dry on your skin to be effective.
- During supply shortages, if you do not have access to hand sanitizer, you can make your own using isopropyl alcohol (90% concentration or higher) and aloe vera gel. Prep this prior to leaving on any trip you are planning on taking.
- To make your own hand sanitizer stick to a 2:1 proportion of isopropyl alcohol to aloe vera gel. This keeps the alcohol content around 60%, which is the minimum amount needed to kill most germs.

Make sure to use hand sanitizer after touching high-touchpoint surfaces, after shaking or any time your hands become soiled.



Note: This information is for educational purposes only. The AACIHC does not endorse home made hand sanitizer or any particular brand of hand sanitizer over another. Keep all chemicals, including isopropyl alcohol and hand sanitizer, away from teenagers and children. Do not ingest any component of hand sanitizer. Any images shown are for illustrative purposes only.

A desert landscape featuring several tall saguaro cacti in the foreground and a range of rugged mountains in the background under a blue sky with scattered white clouds. The scene is brightly lit, suggesting a sunny day.

Crowd Control

“Crowd Control”

How do you take precautions when Social Distancing is not possible?

- Plan ahead! Have a pre-made “Pandemic Travel Kit” made (next slide suggests items for this kit)
- Be aware of your surroundings and when you touch high-touchpoint surfaces
- Wear a well-fitted mask, and if in a crowd use an N95 mask whenever possible.
- Wash hands whenever possible or use an alcohol-based hand sanitizer with at least 60% alcohol content.
- Constantly disinfect any surrounding area that you will be in for a prolonged length of time (i.e. bus or plane seat’s immediate area, rental car prior to driving, etc.). Think about the Chain of Infection.





Pandemic Travel Kit

Traveling can be challenging at the best of times, but during a pandemic, or when community levels of any disease-causing illness are high, there is always an extra degree of risk.

- By carrying a **Pandemic Travel Kit** with you, you can make sure you have the tools you need to tip the odds in your favor of (hopefully) not getting sick while on vacation or traveling for work or pleasure.
- Always plan for unexpected situations.

Pandemic Travel Kit Items

- Alcohol-based hand sanitizer with at least 60% alcohol content
- Alcohol swabs (i.e. great for wiping off your cell phone screen, which can quickly become a great place for pathogens to hang out; make sure your cell phone screen will not be damaged by alcohol swabs before using)
- Disposable gloves (i.e. great for disinfecting common areas and for pumping gas)
- Extra face masks in a variety of types (e.g. include cloth masks, medical/surgical masks, and N95 masks, so you can select the proper type of mask for the situation you are in)
- Disinfecting “travel size” wipes (e.g. Lysol or Chlorox Bleach Wipes)
- Your own pen for signing receipts; pens are high touch-point surfaces

Expanded Pandemic Travel Kit

Expanded Pandemic Travel Kit Recommendations

- Alcohol-based hand sanitizer with at least 60% alcohol content
- Alcohol swabs
- Disposable gloves
- Extra face masks in a variety of types (e.g. include cloth masks, medical/surgical masks, and N95 masks, so you can select the proper type of mask for the situation you are in)
- Disinfecting “travel size” wipes (e.g. Lysol or Chlorox Bleach Wipes)
- Pen
- Cell Phone that is pre-loaded with the capability to do contactless payments
- Basic Over-the-Counter medications, in case you become symptomatic while traveling. It can be difficult to find a healthcare provider when in an unfamiliar area, so you want to be prepared to bridge the time gap between getting sick and finding one.
- Thermometer
- Rapid COVID Antigen Tests (you can never be too careful!)
- Health Insurance Card
- Vaccine Card (if needed where you are traveling)

Mask Wearing





When mask wearing is necessary, the CDC typically recommends wearing a well-fitting mask or respirator over the nose and mouth in indoor areas of public transportation (such as airplanes, trains, buses, ferries) and transportation hubs (such as airports, stations, and seaports)

- Wearing a well-fitting mask or respirator is most beneficial in crowded or poorly ventilated locations, such as airport jetways.
- When people properly wear a well-fitting mask or respirator, they protect themselves and those around them, and help keep travel and public transportation safer for everyone.

Improve How Your Mask Protects You

- When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has
- Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask
- Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

Types of Face Masks

Cloth Masks	Surgical Masks	KN95 Masks	N95 Masks
			
Protects other people and offers you some minor protection.	Protects other people and offers you some protection.	Protects you and other people.	Protect you and other people.
All four mask types help to reduce the amount of respiratory particles that are released into the air, and the distance they travel. They all help to protect other people.			
Cloth masks act as a small barrier to protect you from inhaling respiratory droplets released by others. (Think of the Sand-Throwing Child example.)	Surgical masks offer <i>some</i> protection to the wearer, protecting them from direct contact with respiratory droplets and sprays that may contain infectious pathogens. They also filter out large particles when the wearer breathes in.	KN95 masks meet international standards, and filter out both large and small particles when the wearer inhales, and offer more protection than a medical mask.	N95 masks meet U.S. standards, and offer the highest level of protection. They filter out both large and small particles when the wearer inhales, and offer more protection than a medical mask.

Can You Resuse Face Masks?

Cloth Masks: **Yes**



Surgical/Medical Masks: **No**



KN95: **No**



N95: **No**





Mask Wearing Examples

“Knot-and-Tuck”



“Cloth-over-Surgical”



“Brace or Fitter”



“Nylon Sleeve”



Knowledge Check Slide

What kind of mask would you use in the following situations....

1.



2.



3.



4.



Knowledge Check Slide

What kind of mask would you use in the following situations....

1.



2.



3.



4.



Resources

- “Cleaning and Disinfecting Your Facility.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html#:~:text=Examples%20of%20high%2Dtouch%20surfaces,toilets%2C%20faucets%2C%20and%20sinks.&text=Ensure%20cleaning%20staff%20are%20trained,of%20cleaning%20and%20disinfecting%20products>
- “CDC Covid Data Tracker.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Arizona&data-type=CommunityLevels.
- Mzezewa, Tariro. “How to Disinfect Your Space on an Airplane.” The New York Times, The New York Times, 3 Mar. 2020, <https://www.nytimes.com/2020/03/03/travel/how-to-clean-your-airplane-seat-and-space.html>
- “Wearing Masks in Travel and Public Transportation Settings.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/masks-public-transportation.html#:~:text=At%20this%20time%2C%20for%20people,as%20airports%2C%20stations%2C%20and%20seaports>

A scenic desert landscape featuring several tall saguaro cacti in the foreground and a range of rugged mountains in the background. The sky is a clear, bright blue with scattered, soft white clouds. The overall lighting is bright and natural, suggesting a sunny day. The text "Thank You" is centered in the middle of the image in a dark blue, sans-serif font.

Thank You