

An Important Update from the Infection Prevention Team

Tips for Staying Safe during Vacations

April 12, 2021

The time since COVID-19 changed our world has been long and challenging. We know you are working hard to care for our clients, and we want you to safely enjoy some much-deserved time off to recharge so you can continue to provide high-quality clinical care.

As COVID-19 continues to spread in the United States, it is important now more than ever to remain vigilant. While the COVID-19 vaccine has become an added layer of protection, we must still follow **all** of the infection prevention measures we have practiced so well over the past year. **As health care workers for a trusted home health care organization, we must carefully think about how our choices may impact the health and safety of our clients.**



Going out?

The [Centers for Disease Control \(CDC\)](#) lists key information you need to know before going out into the community:

- In general, the risk of spreading COVID-19 increases with closeness, time, and the number of people you are near. Even [small gatherings](#) can increase your risk of exposure to COVID-19. The closer you get to others, and the longer you stay there, the higher the risk of spreading COVID-19.
- The CDC continues to recommend **delaying travel and staying home to protect yourself and others from COVID-19 until you are fully vaccinated**. Review [CDC's latest guidance on travel during the pandemic](#) for more information on risks, precautionary measures, and alternative celebration ideas.
- If you go out in public, continue [good hygiene practices](#): wear a mask, wash your hands often, use hand sanitizer if soap and water are not available, and check your health.
- Before you go somewhere, call and ask what precautions they are taking, like requiring staff to wear masks. Check if the hotel, airline, or restaurant you are visiting has posted information about COVID-19 safety guidelines on its website or social media.
- Stay home if you are sick.

Anticipate travel needs.

While packing for your trip, think about what you will need to bring to protect yourself:

- Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy reach.
- Always wear a comfort mask in public places.
- Review the CDC guidance on [cleaning and disinfecting](#) and [protecting yourself on public transportation](#).

Questions to ask before traveling

Is COVID-19 spreading where you are going?

The CDC shares updated information and safety guidance for traveling both in the United States and internationally, including [state-specific statistics](#) and [state or local health department](#) information. We encourage you to review the guidance for not only your planned vacation spot, but also for the areas along your route.

Does my country, home state, hometown, travel route, or final destination require a quarantine period or other travel restrictions?

Some state and local governments may require people who recently traveled domestically to quarantine when they return. BAYADA requires all non-vaccinated employees returning from [international travel](#) to quarantine for 14 days upon their return. Vaccinated employees returning from international travel must have a negative [viral](#) COVID-19 test performed 3-5 days after travel, prior to returning to work.

All BAYADA employees should check themselves daily for COVID-19 symptoms. If you are not feeling well when you return from vacation, please contact your office, and **do not come to work sick**.

Please discuss your travel plans with your office ahead of time and use these resources to plan ahead, to reduce your risk of infection, and to keep yourself and your loved ones safe and healthy.