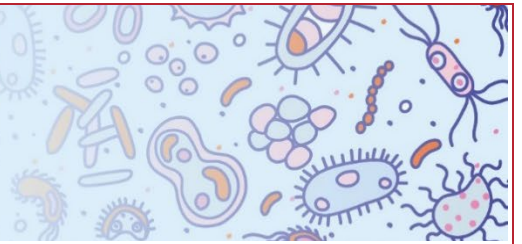


An Important Update from the Infection Prevention Team



Tips for Safe Vacationing During the COVID-19 Pandemic

June 23, 2020

The past few months have been long and challenging as COVID-19 changed our world. As the summer season begins, we want you to safely enjoy some much-deserved time off after working hard to care for our clients.

As restaurants, stores, beaches, and other vacation spots start to reopen, we want to make sure you have the information you need to keep you, your family, and your clients safe.

Remember, 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. The closer you get to others, and the longer you stay there, the higher the risk of spreading COVID-19.
- 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.
- Bring a comfort mask to wear 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 to stay home for 14 days when they return. Review the CDC's post-travel guidelines for [international travelers](#).

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 this summer.