



T8: Travel safety

Why is this important?

Although non-essential travel should be avoided, some individuals must continue to travel during this time. Often, the journey itself is where an infection can be transferred. Many forms of travel that would normally be deemed safe involve contact with many people. If you do need to travel, this guide will help you minimize your risk of contracting or spreading the virus.

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What You Need

Refer to [T7: Prepare to Leave the Household](#) before you embark on your journey. In addition, consider the following:

- **Best:** Surgical mask, disposable gloves if available, disinfecting wipes (e.g. Lysol, Chlorox)
- **Good:** Disinfecting wipes (e.g. Lysol, Chlorox)

What you Need to do

If you are exhibiting symptoms of Covid19 (eg fever, cough), you avoid all travel and follow your country's guidelines for getting tested.

See also [T1: Coronavirus Symptom Tracker](#) [T10: Check Severity of Coronavirus Symptoms](#)

Follow the basic principle of **minimizing contact with others**. If you are able to choose your method of transportation, consult the list below.

- **Best**
 - Car (single person)
 - Motorcycle (single person)
 - Cycle (greater than 2m / 6 ft between individuals)
 - Walk (greater than 2m / 6 ft between individuals)



- **Good**
 - Passenger in another car that is not a taxi (only two people, one front, one back)
- **Adequate**
 - Taxi (only two people, one front, one back)
- **Not Recommended (appropriate with precautions, inadequate without precautions)**
 - Car or taxi (3 or more people in the vehicle)
 - Motorcycle (2 or more people on the motorcycle)
 - Cycle (<2m/6ft between individuals)
 - Walk (<2m/6ft between individuals)
- **Last Choice (appropriate with precautions, inadequate without precautions)**
 - Mass Transit and Public Transport
- **Avoid at All Costs Unless Instructed by an Official**
 - Air travel
 - Cruise travel

Resource: [UK Government](#)

Personal Vehicle (Car or Motorbike)

Refer to **T7: Prepare to Leave the Household** before you embark on your journey.

- If travel cannot be avoided, minimize contact with others
 - Ideally, trips should be made alone

Disinfecting

- Disinfect hands before entering the car
 - If this cannot be done, disinfect all surfaces you touch before and after a journey (steering wheel, gearstick, handbrake, door handles, indicators/windshield wipers, radio, elbow rests, door frame, seat controls)
 - Exterior door handles, door frame, and luggage compartment handles should also be disinfected before and after a journey
- Disinfect all surfaces touched by other passengers
 - Door handles (outside and inside), window controls, seat controls, elbow rest, door frame



Taking Passengers

- Ensure as few passengers travel in one vehicle at a time
- Obtain contact details from all passengers
- If one passenger may have come into contact with an infected individual, they should wear a surgical mask
- Opening the windows may help avoid infection, especially between taking passengers

Filling Up with Fuel

- Minimize contact with staff
- Try and use contactless payment at the pump if possible
- Disinfect your hands before re-entering your vehicle

Resources: [Skoda](#), [City of Toronto Guidance](#), [Business Insider](#)

Taxi

- Minimize contact with surfaces inside and outside the car
 - If surfaces are touched, avoid touching your face until your hands are disinfected
- Disinfect your hands when entering and leaving the taxi
- Travel alone or only with members of your household only, if possible

Resources: [City of Toronto Guidance](#)

Walking and Biking

- Keep more than 6 feet / 2 m between yourself and other people
- Avoid busy routes to minimize contact with others

Mass Transit and Public Transport

Rail, Bus, Tram, Coach

Entering

- Avoid crowded trains and buses
 - Whenever possible, leave 2m/6ft between other passengers
 - Travel at off peak times if possible; consider arriving at work early if you need to travel during peak hours and cannot avoid busy transport during this time
- Take another form of transport (e.g. biking) if you need to take multiple buses/trains to your destination



- Pay with a contactless form of payment if possible, rather than bus tickets or train tokens

Riding

- Avoid touching any surfaces or sitting next to coughing individuals
- Wear a surgical mask if possible, especially on busy buses/trains

Leaving

- Wash or disinfect hands as soon as possible after leaving; avoid touching your face until you have done so

Resource: [BBC](#)

Aircraft

Currently, the State Department is recommending that U.S. citizens avoid all international travel. If a traveler is a member of the essential services, and has special dispensation to fly, follow the guidance you will have been given.

- All non-essential air travel should be avoided particularly long plane rides.
 - Your risk comes from sitting next to an individual who is carrying the virus (HEPA filters prevent airborne viral infection)
- Disinfect all surfaces using disinfecting wipes
- If a nearby passenger is coughing, ask to switch seats
 - If this cannot be done, avoid touching your face and continually disinfect surfaces
- More time spent in crowded places (i.e. plane, airport) increases one's chance of catching COVID-19

Resources: [Consumer Reports](#), [World Economic Forum](#)

Cruise ships

- Disease can spread quickly inside the close quarters of a cruise ship, as has occurred in several cases already.
- The CDC advises against any travel on a cruise ship, particularly for those at higher risk of getting severely ill from COVID-19.

Resource: [CDC](#)