Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

**Tips for Traveling in a Car or Ground Transportation the U.S. During COVID-19**

**Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick. -CDC**

**Other Ground Transportation**

**Bus or Train**
Be aware that sitting or standing within 6 feet of others for a prolonged period can put you at a higher risk of getting or spreading COVID-19.

**Ride Share/ Ride-Hailing**
Don’t sit in the front seat near the driver. Consider handling your own bags during pickup and drop-off. Avoid coming into contact with frequently touched surfaces before cleaning them.

**Public Transportation**
Maintain social distancing, wear a mask, and use hand sanitizer, and wash your hands after reaching your destination.

**Things to Consider Before Hitting the Road**

- **Plan to make as few stops as possible**
  - But stop driving if you get tired

- **Pack cloth face masks and hand sanitizer**
  - Keep these close by

- **Prepare food & water to take on the trip**
  - Consider including nonperishable items

- **Pack cleaning supplies**
  - Disinfectant and disposable gloves, if you’ll be staying in a hotel/lodging

- **Pick drive-thru or curbside of food**

**Hotels and Other Lodging**

Check any major chain’s website for information about how it’s protecting guests and staff.

Once you arrive at your room or rental, clean and disinfect all high-touch surfaces, such as:

- Doorknobs
- Light switches
- Countertops
- Tables
- Desks
- Phones
- Remote controls
- Toilets
- Sinks and faucets
- Wash plates, glasses, cups and silverware (other than prewrapped plastic items) before using

**When You Need to Get Gas**

Use a disinfectant wipe on handles or buttons before touching them

After fueling, use hand sanitizer

When you get to where you’re going, use soap and water to wash your hands for at least 20 seconds

**When in public:**

- Wear a mask in public settings, including on public transportation and in transportation hubs such as airports and stations.
- Stay at least 6 feet (about 2 arms’ length) from anyone who is not from your household.

**Make a Packing List**

- Cloth face masks
- Alcohol-based hand sanitizer (at least 60% alcohol)
- Disinfectant wipes (at least 70% alcohol) for surfaces
- Thermometer

**Sources:** The Mayo Clinic and the CDC