



GBCA SAFETY TOOLBOX TALK

COVID-19: TRAVELING AND RETURNING TO WORK

During COVID-19 response, traveling can impact our health, and also impact our ability to return to work. While we are careful on the jobsite, paying extra attention to hygiene and wearing PPE and safety gear such as face coverings, these protective actions are often decreased when we relax in our private lives.

Staying Safe While Traveling

Risk of exposure is increased when traveling, especially in areas where there are larger groups of people, including outdoor walkways such as sidewalks and boardwalks.

Remember that 30% of individuals infected with COVID-19 show NO symptoms. Assume that people around you, including family members outside of your immediate household, could be infected but not showing any symptoms.

Follow similar practices as in the workplace:

- Practice frequent and thorough hand washing or sanitizing where hand washing is not possible
- Maintain social distance (6 feet) from other people
- Wear face coverings where social distancing is difficult to maintain

Avoid public indoor spaces: studies show that being outside is 19 times safer than being inside

State-Imposed Quarantine Advisories and Requirements

Several states have imposed travel advisories and quarantine requirements, such as stay-at-home orders for individuals traveling across state lines upon their return.

Before You Travel:

- Check if your employer has any policies about travel risk.
- Check the state and local health department websites of any state you visit or travel through and check for travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures:
- Avoid traveling to or through high risk areas.
- If you are travelling to or through a high risk area, pack and prepare for strict safety measures.

During and After Travel:

- Assess your level of travel risk:
 - Did you travel to a high-risk area?
 - Did you practice social distancing?
 - Did you wear protective gear such as face masks when in public?
 - Has anyone you traveled with become sick and/or tested positive for COVID-19?
- If you don't feel well, DO NOT go back to work and consult your medical provider.
- If you meet any of requirements for self-quarantining after travel for the state where you live OR where you work, consult your medical provider and contact your employer.