

Travel Guide for a COVID-19 World

This guide is intended to give you the tools and resources to travel as safely as possible – and to decide when not to travel.

Traveler's Checklist

Before traveling:

- ✓ Complete your vaccination and booster series.
- ✓ Check the COVID-19 testing and/or vaccination requirement at your destinations.
- ✓ Check the COVID-19 testing and/or vaccination requirement needed for your return home.
- ✓ If testing is required before returning home, identify a local provider to perform that test.
- ✓ Review the UnitedHealthcare Global Intelligence Center for information on the health care landscape at your destination.
- ✓ Plan on additional expenses (hotel, etc.) in case you cannot return home as planned due to isolation or quarantine.

In case you may be infected while traveling, bring some supplies:

- ✓ Self-tests for COVID-19
- ✓ Well-fitting masks (N-95/KN95/FFP2) in addition to the usual surgical masks
- ✓ Thermometer
- ✓ Pulse oximeter
- ✓ Additional supplies of your maintenance medication in case you need to stay at destination longer than planned.

Documentation:

- ✓ Access to COVID-19 vaccination records (when traveling internationally, do not rely on an App that may not be available at your location – save a screenshot or print a copy).
- ✓ Access to your online medical records.
- ✓ If you have just recovered from COVID-19, bring a certificate of recovery.

What to consider

To travel or not to travel? Here is a list of criteria to assess before you choose to travel.

- ✓ Review the destinations current COVID-19 risk level, health care infrastructure and capacity and entry requirements

- ✓ Your health and risk factors
- ✓ Your safe return home.

Consider the impact on your immediate sphere, especially if anyone living in your household is considered high-risk.

Know Before You Go

Your Risks

Your risk for severe illness and hospitalization from COVID-19 increases with your age.

Stay home if you are sick or have been in contact with anyone who has COVID-19. Risk factors that can increase the likelihood of a poor outcome with COVID-19 include a history of:

- Cancer
- COPD or lung problems
- Diabetes
- Heart disease
- High blood pressure
- Obesity
- Weakened immune system and other chronic medical problems

Determine your destination's current COVID-19 risk level

Is the country managing the outbreak and seeing minimal spread, or is it at a tipping point with a high number of new infections?

The [Global Epidemics](#) website offers an insightful view into the status of the COVID-19 risk level in your destination country. It categorizes countries into 4 different risk levels, depending on the daily new COVID-19 cases per 100,000 inhabitants (using a rolling 7-day average).

Understand your destination's health care infrastructure and capacity

UnitedHealthcare [Global's Intelligence Center](#) offers a Security and Medical Risk rating per country as well as intelligence on how to navigate the local health care system and overviews of the quality of care offered.

Your destination's entry requirements

These fall under several categories:

- **Access to the country for foreign nationals:** a few countries still have restricted entry depending on an individual's residence and/or citizenship.
- **Testing & Vaccination requirements:** While most countries have relaxed their rules, it is still important to identify the specific testing and/or vaccine requirements.
 - Make sure the test results will be available to you in your destination country. The mobile app holding your test results may not be available at your destination; carry a printed copy with you.
- **Quarantine requirements:** Only few countries have a compulsory quarantine imposed for arriving travelers. In some countries, people in quarantine may be required to wear a

GPS tracking wristband for the duration of the quarantine period. Quarantine periods can last up to 14 days. The quarantine may apply if you become infected while in-country.

- **Proof of medical insurance:** Some countries require travelers to provide proof of medical insurance (with specific levels of coverage) or to purchase local insurance upon arrival. While these requirements existed prior to COVID-19, they may now be more common and enforced more strictly and may require specific COVID-19 coverage.

On the Aircraft

- Clean your area with an antiseptic wipe (table, screen, arm rests, window shutter, etc.)
- Stay hydrated
- Use an alcohol-based (>60%) gel or spray
- Consider wearing a surgical, KN95/N95/FFP2 mask based on your risk factors and COVID-19 prevalence at your origin and destination.
- Manage your maintenance medication, paying attention to potential changes in time zones

Throughout your journey:

Stay healthy

- Do not neglect any chronic conditions you may have
- Make sure you have enough of your maintenance medication with you (in your hand luggage) for a prolonged stay (at least two weeks beyond your travel plans)
- Eating a balanced, nutritious diet - with low alcohol intake, sleeping well, exercising regularly, and practicing mindfulness are even more important while traveling than while at home
- Wash your hands – often – for at least 20 seconds with soap and water; use an alcohol-based (>60%) gel if you are unable to wash your hands
- Consider wearing a surgical, KN95/N95 mask based on your risk factors and COVID-19 prevalence, particularly when in close contact with others.

Minimize risks:

- Always carry alcohol-based (>60%) gel or spray
- Avoid crowded areas, especially when poorly ventilated
- Avoid contact with anyone who is sick
- Avoid touching your eyes, nose and mouth

Returning Home

Additional challenges can arise while returning home; for instance, your home country may have imposed a specific set of entry requirements – just as your destination country has done. Some of the requirements may include:

- Ability to show proof of a negative test prior to travel and/or proof of vaccination
- Ability to arrive three hours prior to departure to allow for additional screening

- Airline limitations or restrictions as airlines have the right to prevent symptomatic passengers from boarding
- If someone in your household is at risk, you may need to make arrangements for a post-travel quarantine away from your home

Resources:

- UnitedHealthcare Global [Intelligence Center](#)
- [Global Epidemics](#) offers insight into the current COVID status and risk level in destination countries
- [Johns Hopkins CSSE](#) case count provides case and death count by country
- [U.S. Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [European Centre for Disease Prevention and Control](#)
- [IATA TravelCentre: COVID-19 travel regulations map](#) offers specific information on destination restrictions for travelers

Questions?

[Contact](#) UnitedHealthcare Global's Intelligence Team

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