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.

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 Pandemics Explained website offers an insightful view into the current status of the current 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).

Covid Risk Level	Case Incidence	
Red	>25	daily new cases per 100,000 people
Orange	10<25	daily new cases per 100,000 people
Yellow	1<10	daily new cases per 100,000 people
Green	<1	daily new case per 100,000 people

Source: Pandemics Explained

UnitedHealthcare Global recommendations:
- Covid Risk Level Red (tipping point) = **Avoid Travel**
- Covid Risk Level Orange (accelerated spread) = **Avoid Non-Essential Travel**
- Covid Risk Level Yellow (community spread) = **Travel with Usual COVID-19 Precautions**
- Covid Risk Level Green (on track for containment) = **Maintain Usual Precautions**

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.

Access to your destination
While the country may not restrict your entry, there may be airline and airport limitations or restrictions, with fewer airlines flying or your destination airport being closed.

Your destination's entry requirements
These fall under several categories:
- **Access to the country for foreign nationals:** Most countries have restricted entry depending on an individual's residence and/or citizenship. Our Global Intelligence Center provides guidance on these restrictions; travelers can also look up their destination's embassy website or contact the embassy directly.
- **Testing requirements:** Inquire about potential testing requirements. Many countries require a negative result from a COVID-19 PCR test taken within 48 to 96 hours prior to boarding, and it must be obtained in order to board commercial flights to specific countries. These requirements may change depending on age or disability status.
  o 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:** There may be 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.

- **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.
- **Vaccine requirements:** While this issue is not currently relevant, as COVID-19 vaccines are likely to eventually become available, they may be required prior to entry or upon entry in the country.

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
- Make certain your mask covers your mouth and nose during the whole journey
- 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
- Wear a multi-layered facecloth or a disposable mask covering your mouth and nose whenever you are outside or in public places
- Maintain social distancing of at least 6 feet (2m) wherever possible

Minimize risks:
- Avoid public transportation
- 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 PCR test prior to travel
- Quarantine requirements or recommendations for travelers, citizens and residents
- 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
- Pandemics Explained 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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