

STAY SAFE WHILE TRAVELING TO ISPA EXPO

Get Plenty of Rest Before Your Flight

- Need tips on sleeping better? Visit [BetterSleep.org/blog](https://www.bettersleep.org/blog)

Stay Hydrated & Eat Well

- Consider taking vitamin supplements to boost the immune system
- Eat only well-cooked food, choose healthy snacks and consume plenty of fruits and vegetables

Wash Your Hands and Sanitize

- Frequently clean hands by using alcohol-based hand rub or soap and water
- Wash your hands with soap and water for at least 30 seconds. Use alcohol hand sanitizer with at least 60 percent ethanol
- Use sanitizing wipes on everything you touch and keep hand sanitizer with you and use often
- Wipe plane armrests and tray table before unpacking and buckling up!
- When you arrive, wash your hands. After you ride in a taxi or ride share vehicle, wash again

Avoid the Following:

- Avoid close contact with people suffering from a fever and cough
- Avoid touching eyes, nose or mouth
- Avoid shaking hands, try an elbow bump instead. Trust us, no one will be offended!

When Coughing and Sneezing Cover Mouth and Nose With Flexed Elbow or Tissue – Throw Tissue Away Immediately and Wash Hands

- If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it's on. Immediately discard single-use mask after each use and wash hands after removing masks

DO NOT Travel If You Have A Fever And Cough Or Simply Don't Feel Well

- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

If you have more questions about how to travel safe, visit the [World Health Organization's \(WHO.int\)](https://www.who.int) advice page.