



TRAVEL DURING **THE COVID-19 PANDEMIC**

Important factors to consider when travelling during the COVID-19 pandemic.

The COVID-19 pandemic has made this a difficult period for travellers, both domestically and internationally.

As indicated by the World Health Organisation, leading global experts and our own National Department of Health, travel poses specific risks during COVID-19, as infections may be transferred from hotspot areas. This is particularly problematic across international borders, as demonstrated in the early phase of the COVID-19 pandemic where initial global spread was primarily due to international business and leisure travel.

Although the borders of South Africa and selected other countries have been opened, travel for leisure purposes remains discouraged. This is particularly relevant in considering destinations which are currently experiencing a surge of COVID-19 infections. Travel for members at high risk of severe COVID-19 illness, such as the elderly and those living with chronic illness, is particularly discouraged.

The COVID-19 pandemic has severely affected all countries around the world due to the unpredictable nature and impact of this disease. The South African and foreign governments may therefore apply restrictions (including lockdowns) with little notice, even in countries currently considered as low risk. If you choose to travel abroad during this outbreak, your trip may be disrupted, and it may prove difficult to arrange travel back to South Africa.

Take the necessary precautions at all times

Should you elect to proceed with your travel, it is very important that you sustain a high level of vigilance and adhere to all non-pharmaceutical interventions, to protect yourself and your families from contracting COVID-19.

Exposure or transmission can be reduced by:



Wearing a mask at all times when in the public, or when spending time close to people that you do not live with. This is particularly important to protect others as well, considering COVID-19 infections that are asymptomatic.



Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.



Covering your mouth and nose with a flexed elbow or tissue when you cough or sneeze and throwing the tissue away immediately and wash your hands.



Avoiding touching your eyes, nose, and mouth with unwashed hands.



Staying home when you are sick and keeping your distance from others at home.



Cleaning and disinfecting frequently touched objects and surfaces.



Avoiding or limiting close contact with anyone who has fever and cough or other symptoms suggestive of infection.



Seeking medical care early and sharing your travel history with your healthcare provider if you have fever, cough, difficulty breathing or other symptoms suggestive of infection.



Avoiding contact with farm or wild animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat). Raw meat, milk or animal organs should be handled with care to avoid cross-contamination with uncooked foods (following food safety practices).



Avoiding travel, especially if you have a fever and cough or other symptoms suggestive of infection. If you become sick while travelling, inform the crew and seek medical care early.

Social distancing is still encouraged which means, where possible and appropriate, limiting your presence in all locations where there are people gathering. Social events, public transport and other public places such as movie theatres, restaurants and shopping centres are particularly higher risk.