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Travel tips to stay safe and prevent the risk of spreading COVID-19 and other infectious diseases

By - Shikha Desai | Created: Oct 22, 2020, 16:38 IST |



Almost a quarter of the year is over and gradually we have all learnt to live our routinely lives with the ongoing COVID-19 pandemic. While scientists around the world are working round the clock to find a viable vaccine against the novel Coronavirus, organizations and businesses have taken the situation in good spirits and slowly started operations of public spaces, many workplaces, malls and educational institutions have partially opened up with the safety measures being taken as the utmost priority. The governments all over the world have eased the regulations on traveling as well, with flights being operational domestically as well as internationally. Although the safest way is to avoid travel as much as possible, but as traveling is eventually an inevitable part of our lives, whether for work or for a much-needed escape in these taxing times, we need to accept this new normal situation with the new norms. As people are beginning to travel again, the inescapable concerns about the transmission of COVID-19 remain high safety of health is not guaranteed in these uncertain times. However, experts share some practical preventive measures that are effective and would help keep oneself and the dear ones safe and along the journey.

First things first! Make a go-to list of essentials

Our carry-on bags should be packed with a stock of face masks, disposable gloves, hand-sanitizers, handwashing liquid, disinfecting wipes, dry tissues, and personal hygiene products. With all such essentials being high in demand currently, one must not rely on the supply stocks at any of the stops on the way and must have our own go-to stock ready.

Be actively vigilant with distance, duration and face-shielding

While exposure to larger crowds while traveling cannot be avoided, we need to be mindful of the distance and duration of exposure with other people, and always keeping a face shield/mask on. Face masks and shields that fulfill the safety guidelines (the masks should completely cover one's nose and mouth) as well as are comfortable to wear, as one has to do so for longer duration, should only be used. **Make the mode of transportation risk-free**

Regardless of the mode of transportation, be it a private car, public transport, or the flights, ensure preventive measures by cleaning out the surroundings to the best possibility. Keep a spray sanitizer and some dry tissues handy to clean out the seats and arm rests as you board. In an air-conditioned set-up, wipe down the air nozzle as well if possible. Try to have minimal verbal interactions with fellow passengers, while still wearing the face mask/shield and sanitizing hands at regular intervals.

Do your location research

Whether it is a business or leisurely trip, it is recommended to have a thorough research done beforehand to understand what kind of conditions one might be prepared for, once at the location. Check for the latest comments and reviews of the travelers on trusted city/tourist and health websites to understand the ongoing scenario, with regards to any spikes in the cases and latest local regulations of the concerned destination. Connect with the staff of your arranged accommodation and ensure that all basic safety and hygiene measures are taken care of in advance prior to your arrival.

Do not forget the basic hygiene etiquette!

Irrespective of wherever you might commute or halt, the bedrock to prevention of any infection, big or small, is to always maintain the basic hygiene etiquette, which is also irrevocably the need of the hour. Always have the mask on when with others, avoid touching the face, nose and mouth, ensure washing of hands with soap upon returning home, before eating and after using the restroom; be mindful of person-to-person physical contact especially when outside.

Even though no measure might be a 100% guaranteed prevention from an infection or virus, the key to maintaining a progressive preventive environment towards a disease is to never undervalue these small but crucial tips and keep oneself updated with the latest information and developments regarding the topic. Safety is always largely in our hands and we should all individually take responsibility for it and make a collective effort.

The article has been contributed by Mr. Amol Naikawadi, Joint Managing Director and Preventive Healthcare Specialist, Indus Health Plus

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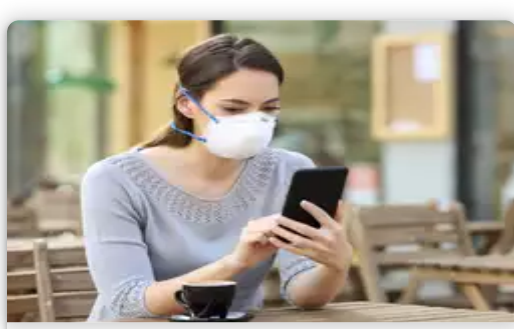
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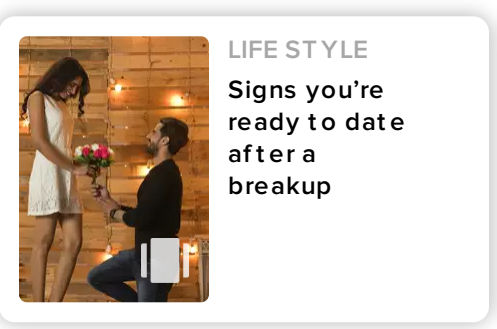
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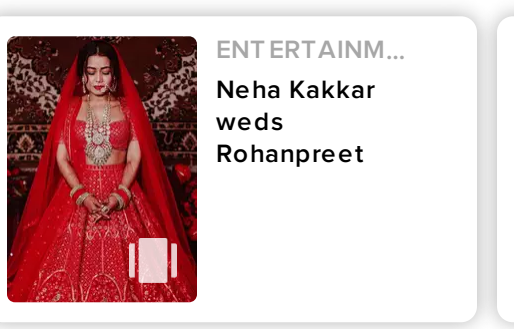
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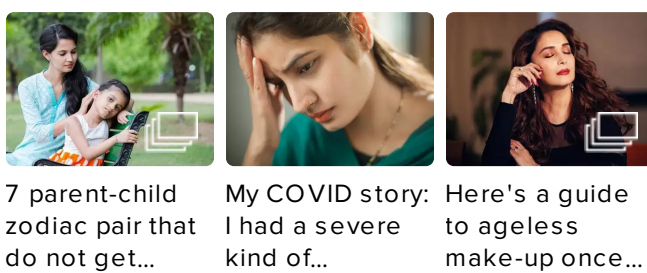
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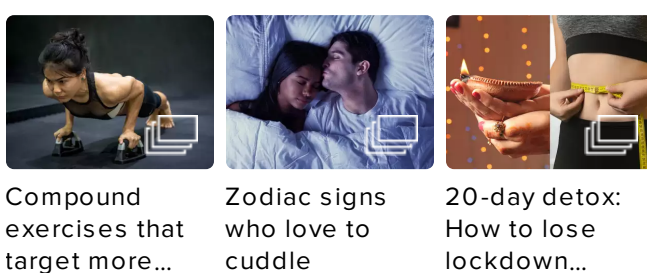
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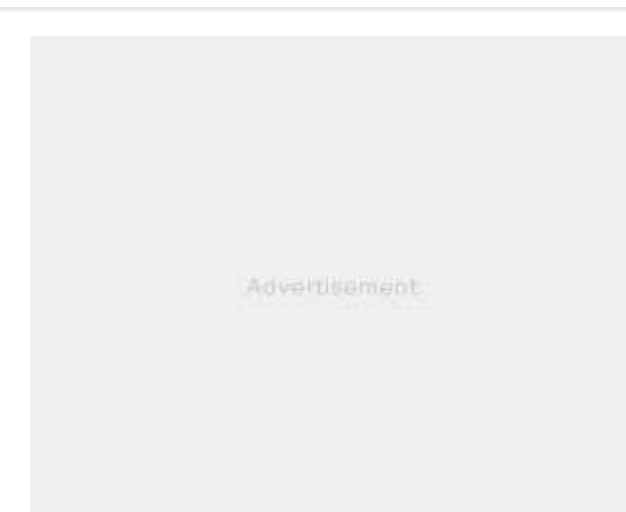
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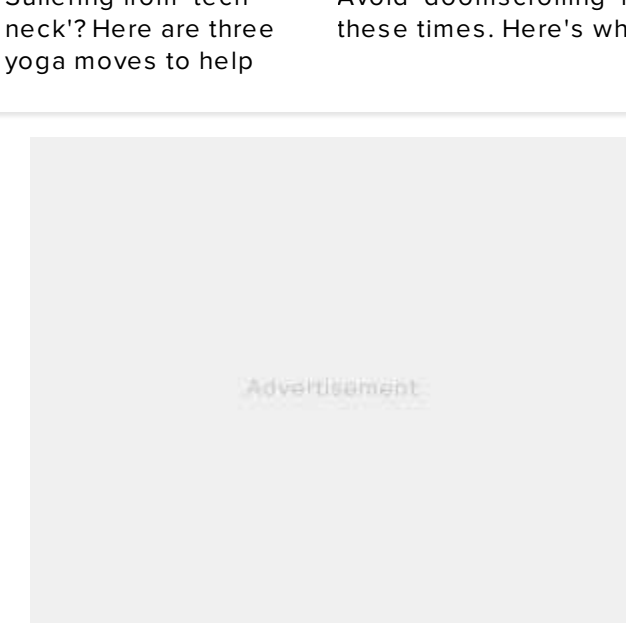
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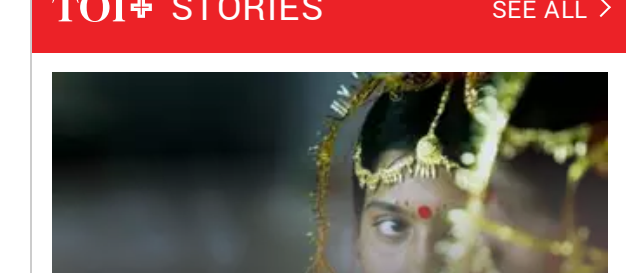
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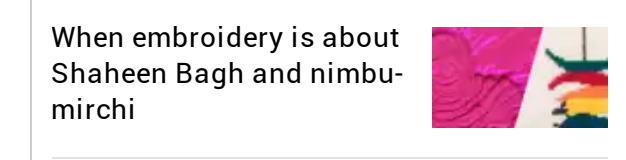


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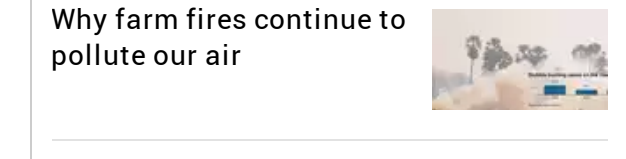
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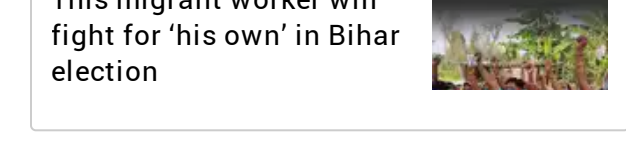
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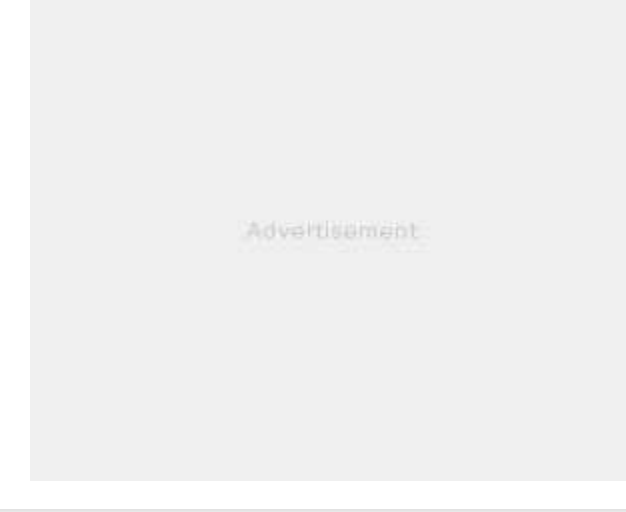
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