

Preventive tips for travelling safely during Unlock 2.0



The covid-19 pandemic has engulfed the lives and livelihoods of humans throughout the world. It's become a part of our lives, and people have learned how to live around it; this is the new normal. We're now halfway through the year, and the pandemic still hasn't subsided; instead, there are more infectious variants amongst us. However, after India's miserable and challenging phase from April to May, places in the country have gradually opened up for travel and tourism.

Being confined to the four walls of one's room for over a year, fatigue from long working hours are few reasons why people wish to travel now; there's a want for a change of environment. This concept is known as 'revenge travel.' Shimla, Mussorie, Manali are seeing an increase in tourists and hotel bookings since early June.

Since the latter half of 2020, people started to explore the possibility of working and vacationing, thanks to work from home. This gave rise to another concept, 'workcations.' Many young Indians flocked to Goa, Kasol, to immerse themselves in nature and fun while continuing with remote work, right before the second wave. Now, there is again a steady increase in the number of followers of this trend.

With people already out there, it is incredibly crucial that every tourist follows Covid norms. Experts share preventive methods to keep safe while travelling.

Get vaccinated

Individuals of the age group 18 and beyond are all eligible to get their vaccine shots; all you have to do is register on Cowin and book a slot. Make sure to get your defence against Covid-19 before setting out on a trip. It is not just for your well-being but also for the larger good of the community

Get a full-body check-up before your travel

This will reassure you about your health status and give you a chance to start taking preventive measures with medication in any conditions during your travel period. Thus, building confidence within you equipping your travel plans.

Keep an eye out for news

Stay aware and updated about the Covid situation/statistics in the place you're travelling to. Indian passengers are still on red alert for many countries post the strenuous times. If you are residing in a containment zone, it is advisable to avoid travel for the time being. Remember, the onus to eradicate Covid-19 falls on each of us.

Maintain your essentials

Alcohol-based sanitiser, mask, face shield, disinfectant spray & wipes are a few of the most critical and beneficial things to own while travelling amidst this pandemic. One should have a sufficient number of N95 and surgical masks to change after each day. A surface disinfectant spray will come in handy to sanitise your surroundings, especially in transport vehicles like cabs, trains, flights, etc.

Don't travel in large groups

More the people, the higher are chances of spreading the virus and infection. Therefore, avoid going on trips with many people. Travel in smaller groups or go solo.

Covid norms

It cannot be stressed enough how important it is to follow physical distancing, wearing masks and washing hands regularly. At all times, try to keep a distance of 2 meters between you and another person. Steer clear of human interaction while using public transport or travelling. Wear the mask and face shield to cover your nose, mouth completely.

A mask is ineffective if worn just to cover your chin. Don't forget to wash the used masks in warm water and disinfectant soap. Lastly, keep sanitising your hands, arms and washing with soap at regular intervals.

Another vital point to remember is, get your RT-PCR test 48 hours before and after the travel period. Don't forget to home quarantine after your return for the safety of your dear ones.

Don't travel if sick

If you or someone around you feels even slightly sick, it is only for the best not to travel. Consult a doctor as per the intensity of symptoms and get tested.

None of these guarantee complete immunity from Covid-19. The virus can infect anyone at any point in time, even if you've recovered from it once. So be responsible for your actions. If travelling, follow these tips for safety, minimalise human contact, be mindful of what you're touching. Stay on top of your hygiene game to defeat the virus!

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