

summer  
2020



## COVID-19 safety guidelines for **Traveling**

Enjoy Your Summer Safely

*Traveling increases your risk of catching and spreading COVID-19. If you decide to travel, follow the guidelines below to protect yourself and the people around you.*



### Practice Behaviors to Stop the Spread

Avoid unnecessary stops by packing everything you'll need for your trip.

Pick up food at drive-throughs instead of dining in.

Practice physical distancing and avoid crowds.

Wear a face mask over your nose and mouth in public.

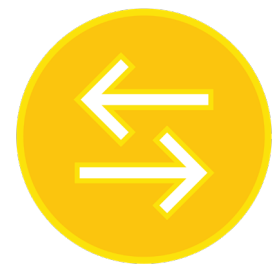
Wash your hands frequently.

Stay home if you feel sick.



### Pack a Summer Safety Kit

Before you travel, pack your summer safety kit with hand sanitizer, disinfecting wipes, tissues and a clean face mask.



### Know Before You Go

Travel may be limited by stay-at-home orders, border closures, or mandatory self-quarantines. Before you depart, know what the restrictions are for your community, your destination, and places along your route.

**For more information on COVID-19 in Missouri and what you can do to stop the spread, visit [oneforallmo.com](https://oneforallmo.com) or contact your local public health experts.**

