

# 5 TIPS TO STAY HEALTHY WHILE TRAVELING

While traveling, it's important to use these same standard healthy practices you do at home to ensure you stay free from the cold or flu.



Avoid touching your eyes, nose and mouth.



Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.



Cough or sneeze into a tissue, then discard it into the trash.



Disinfect frequently touched objects.



Avoid close contact with people who are sick.

And remember, if you aren't feeling well, please take care of yourself and avoid large crowds. You can call your hotel front desk to be connected with a local medical professional.

Source: Centers for Disease Control and Prevention