

September 2, 2020

Original COVID Plan Issue April 28, 2020

Revised September 2, 2020, based on July 25, 2020, Governor Walz Mandate

## **Sylvestre Remodeling and Design Covid -19 Work Protocol - Revised**

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Sylvestre Remodeling and Design will continue to implement strategies and protocols to protect our workforce, clients and subcontractors from catching or spreading the Covid -19 virus.

All employees should stay home and away from the office or Job site if they are ill or have any of the symptoms of the Covid virus.

Practice of respiratory etiquette, hand hygiene, **wearing a face covering**, and routine cleaning of commonly touched surfaces must be performed regularly and often.

The following notes are an overall strategy for each project and project site. Not all of these may be possible on each site, but we will strive to accomplish as many of these as possible.

### **1. Client Communication**

- Provide** a Covid-19 Plan for each project
- Present the plan to the owners.
- Agree on the details of the plan and sign off on the plan with the owners.
- Note additional job timing and delays that could occur due to our Covid Plan that are beyond our control **if anticipated**

### **2. Job Set-up**

- No one on the site if they are showing or have any Covid-19 Symptoms
- Provide a Sign-in station for Employees and Subcontractors and all entering job site
- Fill out the sign-in form daily at each site
- Wear Booties, **face covering**, and gloves into and on the work site
- Provide a Satellite toilet for Each job site unless there is a specific bathroom only used by construction personal
- Provide a separate entrance for Clients and for the contractors
- Provide temporary walls (plastic) to limit any interaction between the work space and any adjacent spaces or spaces that provide access to the work site..
- Provide a minimal crew size based on safe distancing- 6'
- Subcontractors may have no more than 2 people on the site at one time
- Maintain the same Subcontractor crew for each specific job site.

### **3. Personal Protective Equipment (PPE)**

- Maintain a safe, 6' distance from other workers and clients

- Wear a **face covering** during any interaction with clients, subcontractors, other employees, **on the work site** and when entering or leaving a work site.
- Wear gloves whenever entering or leaving the Designated Work Area (DWA).
- Wear booties when entering or leaving a DWA or into other parts of a clients home.
- Wipe down common tools and if possible don't share tools

#### 4. Job Site Cleanliness and Maintenance

- Wash hands with soap and water when possible and following guidelines
- Wash hands with Hand sanitizer often
- Wipe down surfaces with spray sanitizer often: door knobs, cleaning station, bathroom areas, tools etc.
- Personal food and drink (lunch, drink bottles, etc) **must be consumed out of the work area and off the job site.**

#### 5. Delivery Protocols

- Maintain safe distance from any delivery driver**
- Home Depot / Menards- *limit any trips to these stores!!!!*** For numerous reasons, time, lines, lots of people. Plan ahead and avoid these trips.
- Order ahead and **PLAN** ahead.

## **Sylvestre Remodeling & Design Recommendations: COVID-19 Exposure Prevention, Preparedness, and Response Plan for Construction September 2, 2020**

Sylvestre Remodeling & Design takes the health and safety of our employees very seriously. With the spread of the coronavirus or “COVID-19,” a disease caused by the SARS-CoV-2 virus, we all must remain vigilant in mitigating the outbreak. ~~This is particularly true for the construction industry, which has been deemed “essential” during this Declared National Emergency.~~ In order to be safe and maintain operations, we have developed this COVID-19 Exposure Prevention, Preparedness, and Response Plan to be implemented throughout the Company and at all of our jobsites and our office. We have also identified a team of employees to monitor available U.S. Center for Disease Control and Prevention (“CDC”) and Occupational Safety and Health Administration (“OSHA”) guidance on the virus.

This Plan is based on currently available information from the CDC and OSHA, and is subject to change based on further information provided by the CDC, OSHA, **Stay Safe MN**, and other public officials. The Company may also amend this Plan based on operational needs.

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### **I. Responsibilities of Managers and Supervisors**

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All managers and supervisors must be familiar with this Plan and be ready to answer questions from employees. Managers and supervisors must set a good example by following this Plan at all times. This involves practicing good personal hygiene and jobsite safety practices to prevent the spread of the virus. Managers and supervisors must encourage this same behavior from all employees.

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### **II. Responsibilities of Employees**

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We are asking every one of our employees to help with our prevention efforts while at work. In order to minimize the spread of COVID-19 at our jobsites **and at the office**, we all must play our part. As set forth below, the Company has instituted various housekeeping, social distancing, and other best practices at our jobsites. All employees must follow these. In addition, employees are expected to report to their managers or supervisors if they are experiencing signs or symptoms of COVID-19, as described below. If you have a specific question about this Plan or COVID-19, please ask your manager or supervisor. If they cannot answer the question, please contact John Sylvestre or Kate Post.

OSHA and the CDC have provided the following control and preventative guidance to all workers, regardless of exposure risk:

- Maintain 6’ distance between others
- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Follow appropriate respiratory etiquette, which includes covering all coughs and sneezes, using tissue to wipe nose

- Avoid close contact with people who are sick.
- As of July 25, 2020, Governor Tim Walz implemented Executive Order 20-81 requiring the use of face coverings that cover the mouth and nose in all indoor businesses and public indoor settings, and outdoor settings where social distancing cannot be maintained. This Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or mental health condition or other reasons – such as when wearing a face covering would create a job hazard.
  - Discuss any face covering limitation with Plan Administrator and provide medical documentation

In addition, employees must familiarize themselves with the symptoms of COVID-19:

- Early symptoms such as chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- Coughing;
- Fever;
- Shortness of breath, difficulty breathing

If you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath, DO NOT GO TO WORK and call your healthcare provider right away. Likewise, if you come into close contact with someone showing these symptoms, call your healthcare provider right away.

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### III. Office and Job Site Protective Measures

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The Company has instituted the following protective measures at the office and all jobsites:

#### A. General Safety Policies and Rules

- Facial coverings are to be worn at all times on job sites and in the office, unless working alone or outside where 6' social distancing can be maintained
- Any Sylvestre employee/subcontractor/visitor showing symptoms of COVID-19 will be asked to leave the jobsite and return home.
- If a homeowner tests positive for COVID-19 or is showing symptoms of COVID-19, they must contact Sylvestre Remodeling & Design immediately – following CDC exposure protocol and notification guidelines.
- Safety meetings will be by telephone, if possible. If safety meetings are conducted in-person, attendance will be collected verbally and the foreman/superintendent will sign-in each attendee. Attendance will not be tracked through passed-around sign-in sheets or mobile devices. During any in-person safety meetings, avoid gathering in groups of more than 10 people and participants must remain at least six (6) feet apart. Do not share pens.
- Employees must avoid physical contact with others and direct employees/subcontractors/visitors/homeowners to increase personal space to at least six (6) feet, where possible. Where work trailers are used, only necessary employees should enter the trailers and all employees should wear face coverings and maintain social distancing while inside the trailers.
- All in-person meetings will be limited. To the extent possible, meetings will be conducted by telephone.

- Employees will be encouraged to stagger breaks and lunches, if practicable, to reduce the size of any group at any one time to less than ten (10) people.
- The Company understands that due to the nature of our work, access to running water for hand washing may be impracticable. In these situations, the Company will provide, if available, alcohol-based hand sanitizers and/or wipes.
- Employees should not share co-workers' tools and equipment. To the extent tools must be shared, the Company will provide alcohol-based wipes to clean tools before and after use. When cleaning tools and equipment, consult manufacturing recommendations for proper cleaning techniques and restrictions.
- Read and follow all direction for proper use of disinfectants and wipes.
- Employees are encouraged to limit the need for N95 respirator use, by using engineering and work practice controls to minimize dust. Such controls include the use of water delivery and dust collection systems, as well as limiting exposure time.
- The Company will divide crews/staff into groups where possible so that projects can continue working effectively in the event that one of the divided teams is required to quarantine.
- As part of the division of crews/staff, the Company will designate employees into dedicated shifts, at which point, employees will remain with their dedicated shift for the remainder of the project. If there is a legitimate reason for an employee to change shifts, the Company will have sole discretion in making that alteration.
- Employees are encouraged to minimize ride-sharing. While in vehicle, employees must ensure adequate ventilation, **wear face coverings, and maintain 6' distance.**
- If practicable, employees should use/drive the same truck or piece of equipment every shift **and sanitize after every use.**
- In lieu of using a common source of drinking water, such as a cooler, employees should use individual water bottles.

*B. Workers **and Subcontractors** entering Occupied Building and Homes*

- Use designated job entrance only.
- Sign in on all job sites **daily**
- **Wear face covering**
- When employees perform construction and maintenance activities within occupied homes, office buildings, and other establishments, these work locations present unique hazards with regards to COVID-19 exposures. All such workers should evaluate the specific hazards when determining best practices related to COVID19.
- During this work, employees must sanitize the work areas upon arrival, throughout the workday, and immediately before departure. The Company will provide alcohol-based wipes for this purpose, when available such as door handles, work surfaces, tools, and bathroom
- Use job site toilet.
- Employees should ask other occupants to keep a personal distance of six (6) feet at a minimum. Workers should wash or sanitize hands immediately before starting and after completing the work, touching face, leaving and returning to job site, and sharing equipment.
- **All subcontractors and independent contractors must have their own written COVID-19 Preparedness Plan and provide a copy that addresses the COVID-19 protocols and practices set out that are applicable to the business's own work activities and workers who are performing work at the worksite. These company specific guidelines must be in alignment with the policy set forth by Sylvestre Remodeling & Design and must be able to be effectively implemented at the worksite.**

### C. Job Site Visitors/*Homeowners Entering Work Area*

- Use separate job entrance.
- Sign in at start of work day/*upon entering work area daily*
- *Wear face covering*
- The number of visitors to the job site, including the trailer or office, will be limited to only those necessary for the work *and space available*
- All visitors (*including homeowners*) will be screened in advance of arriving on the job site *or entering the work area*. If the visitor/*homeowner* answers “yes” to any of the following questions, he/she should not be permitted to access the jobsite *or enter the work area*:
  - Have you been confirmed positive for COVID-19?
  - Are you currently experiencing, or recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
  - Have you been in close contact with any persons who has been confirmed positive for COVID-19?
  - *Have you been in close contact with any persons who have traveled* and are also exhibiting acute respiratory illness symptoms?
- Site deliveries will be permitted but should be properly coordinated in line with the employer’s minimal contact and cleaning protocols. Delivery personnel should remain in their vehicles if at all possible. *If delivery personnel need to enter the site, they are required to wear a face covering and maintain 6’ social distance.*

### D. Personal Protective Equipment and Work Practice Controls

- In addition to regular PPE for workers engaged in various tasks (fall protection, hard hats, hearing protection), employers will also provide:
  - *Face coverings are to be worn when in a client’s home. ~~outside designated work areas.~~and outside when working closely with other workers.*
  - Gloves: Gloves should be worn at all times while on-site. The type of glove worn should be appropriate to the task. If gloves are not typically required for the task, then any type of glove is acceptable, including latex gloves. Employees should not share gloves.
  - Eye protection: Eye protection should be worn at all times while on-site.
  - Shoe protection: Wear shoe covers when going through home, outside of work area
  - **NOTE:** The CDC is currently not recommending that healthy people wear N95 respirators to prevent the spread of COVID-19. Employees should wear N95 respirators if required by the work and if available.
  - It is recommended to wear clean clothing every day
- Due to the current shortage of N95 respirators, the following Work Practice Controls should be followed:
  - Keep dust down by using engineering and work practice controls, specifically through the use of water delivery and dust collection systems.
  - Limit exposure time to the extent practicable.
  - Isolate workers in dusty operations by using a containment structure or distance to limit dust exposure to those employees who are conducting the tasks, thereby protecting nonessential workers and bystanders.
- Institute a rigorous housekeeping program to reduce dust levels on the jobsite.

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#### IV. Job Site and Office Cleaning and Disinfecting

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The Company has instituted regular housekeeping practices, which includes cleaning and disinfecting frequently used tools and equipment, and other elements of the work environment, where possible.

Employees should regularly do the same in their assigned work areas.

- Communal areas of the job site and office, as well as high touch point surfaces (door knobs, countertops, handles, etc.) should be disinfected daily.
- Any portable jobsite toilets should be cleaned by the leasing company at least twice per week and disinfected on the inside. The Company will ensure that hand sanitizer dispensers are always filled. Frequently touched items (i.e. door pulls and toilet seats) will be disinfected frequently.
- Clean all tools on a regular basis, at least once per day and before change in operator.
- If an employee has tested positive for COVID-19, OSHA has indicated that there is typically no need to perform special cleaning or decontamination of work environments, unless those environments are visibly contaminated with blood or other bodily fluids. Notwithstanding this, the Company will clean those areas of the jobsite that a confirmed-positive individual may have come into contact with before employees can access that work space again.
- No personal food, beverage items are allowed in the designated work area.
- The Company will ensure that any disinfection shall be conducted using one of the following:
  - Common EPA-registered household disinfectant;
  - Alcohol solution with at least 60% alcohol; or
  - Diluted household bleach solutions (these can be used if appropriate for the surface).
- The Company will maintain Safety Data Sheets of all disinfectants used on site.
- Reusable face coverings should be laundered before each daily use according to CDC Guidelines  
Link to washing guidelines for face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

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#### V. Jobsite/Office Exposure Situations

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- **Employee Exhibiting COVID-19 Symptoms**

If an employee exhibits COVID-19 symptoms, the employee must remain at home until he or she is symptom free for 72 hours (3 full days) without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants). The Company will similarly require an employee that reports to work with symptoms to return home until they are symptom free for 72 hour (3 full days). To the extent practical, employees are required to obtain a doctor's note clearing them to return to work.

- **Employee Tests Positive for COVID-19**

An employee that tests positive for COVID-19 will be directed to self-quarantine away from work. Employees that test positive and are symptom free may return to work when at least seven (7) days have passed since the date of his or her first positive test, and have not had a subsequent illness. Employees that test positive and are directed to care for themselves at home may return to work when: (1) at least 72 hours (3 full days) have passed since recovery\*; and (2) at least seven (7) days have passed since

symptoms first appeared. Employees that test positive and have been hospitalized may return to work when directed to do so by their medical care provider. The Company will require an employee to provide documentation clearing their return to work.

- **Employee Has Close Contact with a Tested Positive COVID-19 Individual**

Employees that have come into close contact with a confirmed-positive COVID-19 individual (co-worker or otherwise), will be directed to self-quarantine for 14 days from the last date of close contact with the carrier. Close contact is defined as six (6) feet for a prolonged period of time.

If the Company learns that an employee has tested positive, the Company will conduct an investigation into co-workers that may have had close contact with the confirmed-positive employee in the prior 14 days and direct those individuals that have had close contact with the confirmed-positive employee to self-quarantine for 14 days from the last date of close contact with the carrier. If an employee learns that he or she has come into close contact with a confirmed-positive individual outside of the workplace, he/she must alert a manager or supervisor of the close contact and also self-quarantine for 14 days from the last date of close contact with the carrier.

*\*Recovery is defined as: (1) resolution of fever without the use of fever-reducing medications; and (2) improvement in respiratory symptoms (e.g., cough, shortness of breath)*

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## VI. OSHA Recordkeeping

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If a confirmed case of COVID-19 is reported, the Company will determine if it meets the criteria for recordability and reportability under OSHA's recordkeeping rule. OSHA requires construction employers to record work-related injuries and illnesses that meet certain severity criteria on the OSHA 300 Log, as well as complete the OSHA Form 301 (or equivalent) upon the occurrence of these injuries. For purposes of COVID-19, OSHA also requires employers to report to OSHA any work-related illness that (1) results in a fatality, or (2) results in the in-patient hospitalization of one or more employee. "In-patient" hospitalization is defined as a formal admission to the in-patient service of a hospital or clinic for care or treatment.

OSHA has made a determination that COVID-19 should not be excluded from coverage of the rule – like the common cold or the seasonal flu – and, thus, OSHA is considering it an "illness." However, OSHA has stated that only confirmed cases of COVID-19 should be considered an illness under the rule. Thus, if an employee simply comes to work with symptoms consistent with COVID-19 (but not a confirmed diagnosis), the recordability analysis would not necessarily be triggered at that time.

If an employee has a confirmed case of COVID-19, the Company will conduct an assessment of any workplace exposures to determine if the case is work-related. Work-relatedness is presumed for illnesses that result from events or exposures in the work environment, unless it meets certain exceptions. One of those exceptions is that the illness involves signs or symptoms that surface at work but result solely from a non-work-related event or exposure that occurs outside of the work environment. Thus, if an employee develops COVID-19 solely from an exposure outside of the work environment, it would not be work-related, and thus not recordable.



The Company's assessment will consider the work environment itself, the type of work performed, risk of person-to-person transmission given the work environment, and other factors such as community spread. Further, if an employee has a confirmed case of COVID19 that is considered work-related, the Company will report the case to OSHA if it results in a fatality within 30 days or an in-patient hospitalization within 24-hours of the exposure incident occurring.

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## VII. "Essential" Industry

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~~Several States and localities are issuing orders that prohibit work and travel, except for essential businesses. In general, construction work has been deemed essential and the Company is committed to continuing operations safely. If upon your travel to and from the worksite, you are stopped by State or local authorities, you will be provided a letter that you can show the authorities indicating that you are employed in an "essential" industry and are commuting to and from work.~~

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## VII. Confidentiality/Privacy

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Except for circumstances in which the Company is legally required to report workplace occurrences of communicable disease, the confidentiality of all medical conditions will be maintained in accordance with applicable law and to the extent practical under the circumstances. When it is required, the number of persons who will be informed of an employee's condition will be kept at the minimum needed not only to comply with legally required reporting, but also to assure proper care of the employee and to detect situations where the potential for transmission may increase. The Company reserves the right to inform other employees that a co-worker (without disclosing the person's name) has been diagnosed with COVID-19 if the other employees might have been exposed to the disease so the employees may take measures to protect their own health.

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## VIII. General Questions

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Given the fast-developing nature of the COVID-19 outbreak, the Company may modify this Plan on a case by case basis. If you have any questions concerning this Plan, please contact John Sylvestre or Kate Post.

# COVID-19 Employee Travel - Return to Work Policy

June 25, 2020

Effective July 1, 2020 until further notice

Prior to returning to work from travel outside of Minnesota, Returning Employees must call the employer-designated point person (John Sylvestre or Kate Post) and obtain approval to return to work. If the Returning Employee traveled to a higher exposure location as deemed by the Employer, based upon CDC and other guidance regarding the current status of COVID-19 and/or by high exposure travel methods (plane, bus, train, etc), returning Employees may be required by the Employer to either obtain a negative COVID-19 test (at the employee's expense) or remain out of the office for fourteen (14) calendar days, quarantined from the date the employee returned to Minnesota. Any leave required by quarantine is leave without pay. Returning Employees may not use unearned PTO, but may use earned and accrued PTO to cover the time off. Returning Employees should monitor their symptoms for 14 days and if they become ill and need to seek medical care, they should call ahead to their doctor's office and inform them of their recent travel or potential exposure. If the Returning Employee tests negative, he or she may be allowed to return earlier with a written medical notice. Returning Employees may also be required to provide medical certification that they are cleared to return to work.

Employer's current list of higher exposure locations, **which is subject to change without prior notice or reason**, that will result in a required COVID-19 test or 14-day required leave are as follows:

- Any travel involving mass transit such as plane, bus, or train.
- States in the USA showing rising cases and high positivity rates as of August 24, 2020: South Dakota, North Dakota, Wyoming, Iowa, Maine, Connecticut, Hawaii, South Carolina, Georgia, California, Florida, Texas, Nevada and Idaho. These states may change daily, for any reason and as determined by the employer
- All CDC "Level 3" countries: as of August 31, 2020 all cruise ship travel and most countries around the globe are listed as Level 3 because of high risk of contracting COVID. Check the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html> for current listings and recommendations.

The intent of this temporary policy is not to prohibit employees from travel but to further protect our employees, subcontractors, and clients from possible exposure. A Covid sick employee **will** require us to shut down our projects.

## COVID-19 Travel Guidance

CDC -

### **Limit travel and advise employees if they must travel to take additional precautions and preparations:**

- Minimize non-essential travel and consider resuming non-essential travel in accordance with state and local regulations and guidance.
- Check the [CDC's Traveler's Health Notices](#) for the latest guidance and recommendations for each country where you will travel. Specific travel information for travelers going to and returning from countries with travel advisories, and information for aircrew, can be found on the [CDC website](#).
- Advise employees to check themselves for [symptoms of COVID-19](#) before starting travel and to notify their supervisor and stay home if they are sick.
- Ensure employees who become sick while traveling or on temporary assignment understand that they should notify their supervisor and promptly call a healthcare provider for advice if needed.
- If they are outside the United States, sick employees should follow company policy for obtaining medical care or contact a healthcare provider or overseas medical assistance company to help them find an appropriate healthcare provider in that country. A U.S. consular officer can help locate healthcare services. However, U.S. embassies, consulates, and military facilities do not have the legal authority, capability, or resources to evacuate or give medicines, vaccines, or medical care to private U.S. citizens overseas.

# Considerations for Travelers—Coronavirus in the US

This page is about travel that is different from your everyday activities, away from your local community. For advice on how to safely meet basic household needs within your local community, see CDC's webpage about [running essential errands](#).

COVID-19 cases and deaths have been reported in all 50 states, and the situation is constantly changing. Because travel increases your chances of getting infected and spreading COVID-19, **staying home is the best way to protect yourself and others from getting sick.**

If you are thinking about traveling away from your local community, ask:

- **Is [COVID-19 spreading](#) where you're going?**  
You can get infected while traveling.
- **Is [COVID-19 spreading](#) in your community?**  
Even if you don't have symptoms, you can spread COVID-19 to others while traveling.
- **Will you or those you are traveling with be within 6 feet of others during or after your trip?**  
Being within 6 feet of others increases your chances of getting infected and infecting others.
- **Are you or those you are traveling with [more likely to get very ill from COVID-19](#)?**  
Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.
- **Do you live with someone who is [more likely to get very ill from COVID-19](#)?**  
If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.
- **Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?**  
Some state and local governments may require people who have recently traveled to stay home for 14 days.
- **If you get sick with COVID-19, will you have to miss work or school?**  
People with COVID-19 disease need to stay home until they are [no longer considered infectious](#).

**Do not travel if you are sick**, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

## If You Travel

### **[Protect yourself and others](#) during your trip:**

- Clean your hands often.
  - [Wash your hands](#) with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently

- touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
  - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
  - Keep 6 feet of physical distance from others.
- [Wear a cloth face covering in public.](#)
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.

## Considerations for Types of Travel

Travel increases your chances of getting and spreading COVID-19. We don't know if one type of travel is safer than others; however, airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to [social distance](#) (keep 6 feet apart from other people).

Consider the following risks for getting or spreading COVID-19, depending on how you travel:

### **Air travel**

Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

### **Bus or train travel**

Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.

### **Car travel**

Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.

### **RV travel**

You may have to stop less often for food or bathroom breaks, but RV travel typically means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

Learn more about how to protect yourself from COVID-19 on different types of transportation on CDC's website [Protect Yourself When Using Transportation.](#)

## Anticipate Travel Needs

- Bring enough of your medicine to last you for the entire trip.
- Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy to reach.
- Bring a cloth face covering to wear in public places.
- Prepare food and water for your trip. Pack non-perishable food in case restaurants and stores are closed.
- Take steps to protect yourself from COVID-19 when [booking accommodations or planning an overnight stay](#).
- If you are considering cleaning your travel lodgings, see CDC's guidance on how to [clean and disinfect](#).

## State and Local Travel Restrictions

Follow state and local travel restrictions. For up-to-date information and travel guidance, check the [state or local health department](#) where you are, along your route, and at your planned destination. While you are traveling, it is possible a state or local government may put into place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

## Frequently Asked Questions

Is it safe to travel to visit family or friends?

Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if [coronavirus is spreading](#) in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are [more likely to get very ill from COVID-19](#). People at higher risk for severe illness need to take [extra precautions](#).

Is it safe to travel to campgrounds/go camping?

Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities (like restrooms or picnic areas) at campsites or along the trails. Exposure may be especially unsafe if you are [more likely to get very ill from COVID-19](#) and are planning to be in remote areas, without easy access to medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19.