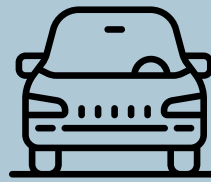# TRAVEL TIPS

COVID-19 continues to spread across La Crosse County and Wisconsin. Staying home is the best way to protect yourself and others from getting sick. At times, we recommend that you cancel or postpone travel. If you do decide to travel, below are a list of tips to consider:

1 LIMIT GROUPS

If possible, limit the group you are travelling with to those that you live with. This helps to reduce the risk for spread or exposure and helps with contact tracing efforts.

2 CHECK YOUR ROUTE

The La Crosse County Health Department has a travel map located on our website covid19compass.org. Check your route and avoid stopping or staying in any areas that are experiencing high rates of cases.

3 CHECK WITH YOUR HEALTHCARE PROVIDER

Check with your healthcare provider before any travel, especially if you are 65 years or older or have any medical issues or underlying medical conditions.

4 PACK YOUR BAGS

Pack your bags with things that will allow you to make minimal stops along the way which includes: mask, gloves (for pumping gas) hand sanitizer, disinfectant wipes, charging cords, a cooler with drinks and snacks.

5 CLEAN YOUR CAR

Clean surfaces in your car, especially the steering wheel, door handles, and the fob or keys you use to start your car. Use CDC guidelines for sanitizing.

Source: Wisconsin Department of Health Services

6 MAKE MINIMAL STOPS

Make as few stops as possible. If you do need to stop: one traveler should engage with store employees, wash your hands and use sanitizer, use masks, wear gloves while you pump gas and throw them away.

7 PLAN YOUR TRIP

Call the hotel, restaurant, or rest area to make sure they are open, as many have reduced hours. Read the fine print and understand cancellation rules. Ask about refund options ahead of the trip. Book directly with your hotel or lodging location.

8 CHECK YOUR SYMPTOMS

Do not travel if you are experiencing any symptoms. When you return, check your temperature and record any symptoms. If you develop any symptoms of COVID-19, call your healthcare provider.