

# TRAVEL, CORONAVIRUS AND YOU

As your travel advisor, I know you have been hearing a lot about coronavirus in the media. Here is some information that may be helpful.

## WHAT IS CORONAVIRUS?

Coronavirus (formally known as COVID-19) is part of a large group of viruses. A common cold, for example, can be a coronavirus. However, the coronavirus known as COVID-19 is new. You can catch coronavirus from other people. The World Health Organization lists the following as symptoms of coronavirus:

- Respiratory symptoms
- Fever
- Cough
- Shortness of breath

Severe cases of coronavirus can cause more serious symptoms such as pneumonia, severe acute respiratory syndrome (SARS) and kidney failure. Anyone with symptoms that could be coronavirus should see a doctor or go to the emergency room immediately.

## SHOULD I TRAVEL?

Only you can answer this question, but as a travel professional, I can offer you some guidance:

- Talk to me! I am always available to answer your questions and talk through your concerns.
- Don't assume you'll have to skip your vacation. If you are uncomfortable traveling to a certain destination, together we can find another place for you to travel that can give you a similar experience. Ultimately, it is your decision whether to travel.
- Seek out information from reputable sources like the [World Health Organization](#) (WHO) and the [Centers for Disease Control](#) (CDC).
- Both the U.S. State Department and the governments and official tourism bureaus of your destination are great resources. They will give you the up-to-date travel advisories and warnings, as well as any information about the spread of the virus in their countries.
- Take a look at your travel insurance. Many insurance plans don't cover coronavirus. You can find out more at [www.travelleadersgroup.com/coronavirus-travel-insurance-updates](http://www.travelleadersgroup.com/coronavirus-travel-insurance-updates)
- Think about when your trip is, as well as where you are traveling. You may want to wait to make a decision on whether to travel. As your travel advisor, I can help you understand vendor cancellation policies and deadlines and talk through decisions about trips in the future.
- Tell me if you have any special circumstances health or immune system issues or pregnancy? Those types of risk assessments are important when deciding to travel anywhere, any time, but are especially important to consider now. People with compromised health are at greater risk for coronavirus infection.

## HOW CAN I PREVENT CORONAVIRUS?

There is no vaccine for coronavirus and no way to completely protect yourself. Common sense is your best guide, including washing your hands frequently, avoiding touching your face, covering your cough, staying away from sick people, wiping down surfaces with Lysol or bleach, and staying home when you are sick. As always, eating nutritious food, staying hydrated and getting enough sleep are important steps to make sure you are as healthy as possible. Follow the advice of the experts at the CDC.