

# ♥ Be Travel Ready



*A Guide for Business Travelers getting back to traveling with care and confidence.*



## Before Your Trip

- Book your trip well in advance so you have more choices that suit your comfort level for distancing and safety.
- Review your air, car and hotel provider guest safety protocols so you know if you need to pack additional self-care items or possibly change your reservation.
- Before you head to the airport, check your air, car and hotel reservations or contact a JTB Business Travel Advisor.
- Review the latest passenger requirements for your particular airline and TSA.
- Pack self-care items: medications, masks, sanitizers, hand-wash, a pillowcase.
- Pack a thermometer so you can monitor your temperature for changes.

## After Your Trip

- Wash your reusable masks and replenish bottles of sanitizer for next time.
- Toss clothing in the wash right away to avoid cross-contamination.
- Monitor for symptoms and take extra care around others for at least 14 days.

## During Your Trip

- Maintain safe distances from others and follow CDC guidelines.
- Wear a clean face mask (and gloves) while in public or in meetings and wash your hands regularly.
- Feel free to wipe down hard surfaces in your rental car, hotel room or office with the sanitizers you packed in your carry on.
- In your hotel, consider removing the decorative pillows and bedspread.
- If you have face-to-face meetings be sure to discuss how they will be managed before you arrive so you can prepare.
- Monitor your symptoms daily for any changes and self-isolate or seek medical care right away if needed.
- For extended trips, you may need to replenish self-care items, find a nearby store well before it's needed.

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