# Safer Travel

Tips from Public Health

Get up to date on your vaccines

Being up to date on your COVID-19 vaccines and flu shot is the best way to protect your health and your travel plans. Get your updated COVID-19 booster. slopublichealth.org/vaccines

Learn your destination's COVID-19 situation

Be prepared. Look into how COVID-19 is circulating in the places you'll be traveling. Look up the local health and safety requirements (some destinations may require vaccination records or masking).
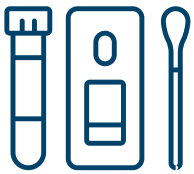
Test before you go

Know before you go. Take a COVID-19 test 1-3 days before travel (even if you have no symptoms). Test again 3-5 days after you return from travel. slopublichealth.org/testing

Stay home if you're sick

Stay home if you're sick. Test for COVID-19 right away. Effective treatment is available. Contact your health care provider for treatment options. slopublichealth.org/treatment

Mask, wash hands, avoid crowds

Wear a face mask (N95/KN95 best) on public transit and in crowded places, especially indoors. Wearing a mask still provides great protection. Wash hands often.

COUNTY of SAN LUIS OBISPO

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