

COVID-19 has changed the way we travel.



Five quick trip tips



1. PACK Bring hand sanitizer, disinfectant wipes and a few face masks, and know the mask rules for your destination and what to expect when you return



2. CHECK See how your insurance handles trip cancellation and medical emergencies; make sure you have adequate coverage and consult travel advisories at travel.gc.ca



3. TRACK Ask your airline company for in-flight rules and last-minute updates



4. SNACK Bring food with you when you go out



5. DON'T LEAVE SICK

Don't take a vacation from hand-washing:

Wash your hands often with soap or hand sanitizer, especially after using the washroom and when preparing food; and remember to regularly clean and disinfect surfaces.

*Protocols and guidelines are evolving constantly.
Visit howtotravelnow.ca for more tips!*



Numbers

Phone number for travel insurance provider:

Travel insurance number:

Phone number for hotel:

Phone number for car rental company:

Emergency contact name and phone number:

Healthcare provider name and phone number:

Notes