



# How to Stay Safer and Healthier While Traveling This Summer

Whether you are feeling wanderlust or eager to see friends and family again, it's important to keep up proper precautions to help stay healthy while traveling. The Clorox Safer Today Alliance™, a collaborative partnership between world-class experts in disinfection, infection control and healthcare protocols, was launched to help increase safety measures for consumers in public spaces, now and beyond the COVID-19 pandemic. When you see the Clorox or Safer Today Alliance™ seal from affiliate organizations such as United Airlines, Uber and Enterprise, you can feel confident that they are putting your health and safety at the forefront of your experience.



## Getting Ready for Your Trip

According to a recent survey<sup>1</sup>, 78% of Americans can't wait to travel again and of those planning to travel, they are, on average, looking to take three vacations this summer. Stressed out parents are the most likely to want a vacay, with nearly 73% of parents saying they are taking a vacation this summer, compared to just 42% of those without children.

If you're traveling out of the state or country, Cleveland Clinic suggests to:

- Pick outdoor activities where possible.
- Stay away from tightly packed crowds.
- Practice hand hygiene.
- Follow local public health guidelines and regulations. And of course, if you're not feeling well - don't go.



## Dr. Darria Long Gillespie's Top Travel Prep Tips

While water bottles (66%), snacks (65%) and deodorant (61%) used to be the top travel essentials for Americans, those planning to travel this summer say hand sanitizer (69%) is the new priority<sup>1</sup>.



Emergency room physician and Clorox partner Dr. Darria Long Gillespie shares her check list on how you should prepare before traveling so that the only thing left to do when you arrive is have fun!:

1. Be sure to pack hand sanitizer and disinfecting wipes as well as your own mini first aid kit complete with any over-the-counter or prescription medicine you may need.
2. Identify travel companies that implement cleaning and disinfecting protocols, such as offering products for consumers to clean and disinfect on-the-go.
3. Keep in mind any extra precautions you may have to take based on your destination's local public health guidelines.
4. Stay up to date on what vaccinations may be needed for travel, remain current on annual vaccinations like the flu and consider delaying travel if not yet vaccinated against COVID-19.

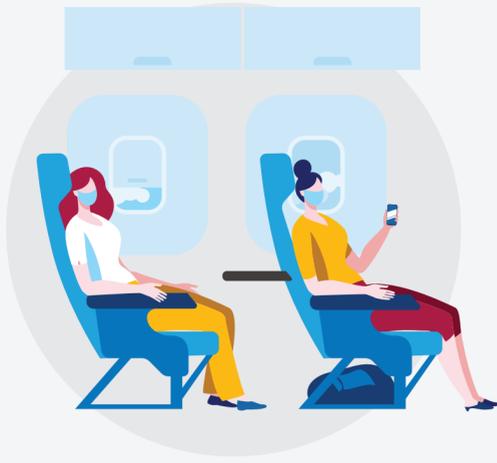
~1/2 of Americans are concerned about poorly cleaned and disinfected spaces when traveling!<sup>1</sup>

84% of Americans say they would feel more confident seeing signs outlining cleaning and disinfection protocols and/or indicating cleaning and disinfection has taken place!<sup>1</sup>



## Dr. Saskia Popescu's Top Tips to Keep in Mind When Traveling

Americans would go to extreme lengths to travel again. In fact, more than half (52%) would be willing to give up using their cell phone for three months to visit their dream destination this summer<sup>1</sup>.



Infection prevention epidemiologist and Clorox partner Dr. Saskia Popescu recommends the following tips so a cold or stomach bug doesn't ruin your much yearned for travel plans:

1. Get plenty of rest (jet-lag can wear you down), drink fluids (especially if you are doing a lot of walking) and be sure to eat a well-balanced diet to keep your immune system up.
2. Whether you're traveling by car, plane or train, consider using disinfecting wipes to clean and disinfect hard, non-porous, high-touch surfaces.
3. At your hotel, rental or other lodging, follow accommodation guidelines for public health protocols when in shared spaces, such as the lobby or entryways, and always practice good hand hygiene throughout your trip.
4. Wear a mask when flying and in public transit as you may be in close proximity with others in confined spaces. Make sure to follow local requirements for additional mask guidance at your destination.

53% of Americans with travel plans are planning to bring their own disinfectants!<sup>1</sup>

50% of Americans with travel plans are planning to disinfect hard surfaces in public spaces!<sup>1</sup>

## Once You Arrive Home

- Avoid placing bags on high-touch surfaces like counter tops or kitchen tables.
- Clean and disinfect any hard-sided luggage or bags
- If you feel unwell in few days upon returning, stay home and contact your doctor.



<sup>1</sup> Results from a 10-minute nationally representative survey of 1,000 adults 18+; reported at the 95% confidence level and with a margin of error (MOE) of ±3.1%.

<sup>2</sup> <https://newsroom.clevelandclinic.org/2020/06/16/tips-for-staying-safe-during-summer-travel-pkg>

For more information about the Clorox Safer Today Alliance™, visit [www.clorox.com/our-purpose/safer-today-alliance](http://www.clorox.com/our-purpose/safer-today-alliance).

