



Health & Hygiene Tips

What is ETA doing on their trips in response to the coronavirus situation?

We are working with our vendors to ensure that there is increased cleaning and sanitizing of their buses and facilities to help limit the spread of any infection. Our Tour Managers and other staff will discuss best hygiene practices with the group. These best practices include the CDC guidelines listed below. We will continue to follow any developments and reconsider itineraries to avoid any additional impacted area.

Should I Take any Special Precautions Due to the Novel Coronavirus (COVID-19)?

Yes, you should follow the precautions that the CDC (Centers for Disease Control) has outlined for every day both at home and during travel. We encourage everyone to follow recommended guidelines for frequent hand washing; avoidance of touching your eyes, nose and mouth and covering your cough or sneeze with a tissue or in the bend of your elbow. Disinfecting your cell phone regularly and not touching cell phones belonging to others are also good steps.

Please see below for more details from the CDC: *There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:*

- *Avoid close contact with people who are sick.*
- *Avoid touching your eyes, nose, and mouth.*
- *Stay home when you are sick.*
- *Cover your cough or sneeze with a tissue, then throw the tissue in the trash.*
- *Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.*
- *Follow CDC's recommendations for using a facemask.*
 - *CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.*
 - *Face Masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).*
- *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*
 - *If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.*

Source: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>



Travel Tips from the World Health Organization

- *Avoid travel if you have a fever and cough*
- *If you have a fever, cough and difficulty breathing, seek medical care early and share previous travel history with your healthcare provider*
- *Avoid close contact with people suffering from fever and cough*
- *Frequently clean hands by using alcohol-based hand rub or soap and water*
- *Avoid touching eyes, nose or mouth*
- *When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands*
- *If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it's on*
- *Immediately discard single-use mask after each use and wash hands after removing masks*
- *Eat only well-cooked food*
- *Avoid spitting in public*
- *Avoid close contact and travel with animals that are sick*
- *If you become sick while traveling, inform crew and seek medical care early*
- *If you seek medical attention, share travel history with your health care provider*

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Should I still go on the trip if I feel sick?

Consult a doctor (letting him or her know about your imminent travel plans) if you have any of the following symptoms:

- A temperature of 100 degrees or higher in the last 24 hours
- Diarrhea or vomiting within the last 24 hours
- Severe cough
- Severe cold

Please follow your doctor's advice and when in doubt, err on the side of caution in your decision to travel to avoid infecting others.



What if a participant on a trip feels that they may have the Coronavirus?

It is important for everyone to remember that the symptoms of COVID-19 are very similar to a common cold or the flu. In all likelihood, that's exactly what it is if they are ill: a cold or the flu, and not the novel coronavirus. If a participant falls ill and exhibits the symptoms listed for the coronavirus, a visit with a local doctor will be arranged. Outside of the United States, some countries will only test for coronavirus if the participant has recently traveled to a country such as China, South Korea, parts of Italy, Iran, or another heavily impacted area.

If participants have been travelling prior to the ETA trip, they should inform the medical provider along with where they have traveled. Participants will not be able to determine whether they are tested for COVID-19. This will instead be the decision of the hospital/medical provider. In the event that a participant on a trip becomes sick, we will follow our best practices to allow that person to rest and to avoid spreading germs. Where appropriate we will seek additional guidance or care from medical experts.

What if I'm concerned about a forced quarantine on my international trip?

All of our international travelers have insurance included in their program that covers limited expenses that may occur as a result of a forced quarantine. Fortunately, other than the few recent cruise ship quarantines, we have not seen any forced quarantines of Americans abroad without advance warning giving them an opportunity to return home.

OK, but What if one Participant Needs to be Quarantined?

If one participant on the trip has a medically mandated quarantine, due to illness or prior travel, Educational Travel Adventures staff will work with local public health officers to assist in identifying appropriate housing and support the traveler in a quarantine to the fullest extent allowed by local authorities. Educational Travel Adventures is committed to supporting all travelers until their safe return home, securing lodging, transportation and meals and helping to facilitate flight changes.

And, What if an Entire Group Needs to be Quarantined?

If the entire group has a medically mandated quarantine, due to illness or prior travel, Educational Travel Adventures staff will work with local public health officers to assist in identifying appropriate housing and support the travelers in a quarantine to the fullest extent allowed by local authorities. Educational Travel Adventures is committed to supporting all travelers until their safe return home, securing lodging, transportation, and meals and helping to facilitate flight changes.