TRAVEL AND HEALTH SAFETY TIPS

The National Rural Economic Developers Association (NREDA) cares for you. Your health and safety at its meetings and events is a top priority.

This information is not intended to be a comprehensive guide for your travel and meeting attendance, however we wanted to offer some practical tips and information to assist you in staying healthy and safe.

As always, please use common sense and good judgement when traveling and attending meetings and events and rely only on trusted sources for information.

Always:
1. Maintain a strong immune system by drinking lots of water, eating healthy and avoiding alcohol.
2. Practice good hygiene.
3. Use RFID (Radio-Frequency Identifier) blockers to protect your credit and debit cards.
4. Hide emergency cash and don’t flash valuables.
5. Be aware of your surroundings and all exits.
6. Don’t talk to strangers too much and avoid over sharing.
7. Steer clear of animals.

Before making plans:
1. Check both the World Health Organization (WHO) and Centers for Disease Control (CDC) for health and travel advisories in your area and the area in which you are traveling. It’s possible that the state may have regulations like mask wearing in public.
2. Know your health status. Should you be traveling? Review the CDC’s advice here.
3. Review and understand cancellation policies for airlines, hotels, meeting registration and any other purchases will you might make as you plan your meeting attendance.
4. Locate the nearest health care facilities and pharmacy to the event location. Is it adequate for your health care needs?

Before you travel:
1. Have list of medications and medical issues.
2. Purchase hand sanitizer, sanitizing wipes/spray, disposable masks, etc.
3. Share your itinerary.
5. Keep an eye on the weather forecast and watch the local news.
6. Write down emergency information.

As you travel:
1. Do your research and be on the lookout for travel scams. If it’s free, unsolicited or just doesn’t feel right, don’t do it.
2. Take care in choosing ground transportation.
3. Wear safety belts in the air and when using ground transportation.

Onsite:
1. Take pictures of and Lock up valuables.
2. Stay sober.
3. Review and walk hotel evacuation route.
4. Choose a consistent place to keep your extra room card key.
5. Buddy up. Have someone who knows what you’re doing/where you’re going at all times.