



## Coronavirus Disease 2019 (COVID-19)

PSA #2: [Travel during the COVID-19 Pandemic \(Long\) \(45 seconds\)](#)

This is a message from the Centers for Disease Control and Prevention. Travel increases your chance of getting and spreading COVID-19. Take steps to protect yourself and others:

- Don't travel while sick;
- Avoid contact with anyone who is sick;
- Wear a mask to keep your nose and mouth covered when in public;
- Avoid close contact by staying at least 6 feet, or about 2 arms' length, from anyone who is not from your household;
- Wash your hands often or use hand sanitizer with at least 60% alcohol;
- Avoid touching your eyes, nose, and mouth; and
- Watch your health during and after travel.

To learn more, visit [cdc dot gov slash COVID19](https://www.cdc.gov/COVID19).