



# COVID-19: Tips to Reduce Travel Anxiety

**Americans across the country are struggling with the desire to visit loved ones, vacation to new places, or the need to travel for business during the COVID-19 pandemic.** Many are also feeling anxious as new spikes in COVID-19 are occurring in some communities and following recommendations that restrict travel is one way to avoid contracting and/or spreading the illness. If you're contemplating travel plans and are worried that your anxiety may get the better of you, consider the following tips.

**Know what's best for you.** If you decide, for example, that you're uncomfortable with traveling because you or those you're visiting are at high risk of severe illness if exposed to the COVID-19 virus and you have the option to cancel or reschedule your trip, doing so may offer peace of mind and a sense of control over your situation. If your employer requires you to travel, ask about conducting meetings virtually instead of in-person, or other options.

**If you decide to move forward with travelling, these anti-anxiety measures can be helpful.**



**Plan and prepare well ahead of time.** Make a list of everything that you need to do and bring to protect yourself and others during travel and at your destination or workspace. Tackle your preparations a little at a time, helping to reduce worry.



**Check if the area you're traveling to** has any quarantine procedures in place for out-of-town visitors. And before leaving, stay abreast of outbreaks in your area and follow recommendations for travel.



**Pack health and safety equipment.** Include a mask (or several), gloves, hand sanitizer, wipes, and other cleaning supplies to protect you during air, bus, train, and car travel, stops along the way, and at your destination or workspace.



**Bring along** your medications, medical history, list of doctors and emergency contacts, and your health insurance card.



**Make arrangements for your home and loved ones** if you were to become delayed, fall ill, or become temporarily hospitalized.



**Quiet anxious thoughts and worries** that may pop up along the way. Try deep breathing exercises, mindfulness meditation, reading a new book, listening to music, playing a game, or even thinking about an enticing vacation getaway that you'll take in the future and all the fun things you'd do there.

**If you have a history of anxiety or panic attacks, talk to your healthcare professional about steps to control them and/or anti-anxiety medications tailored to your needs.** And, remember, talking through your concerns with loved ones and friends can help you gain perspectives that may ease your travel jitters.



For travel information from the Centers for Disease Control and Prevention (CDC), visit: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



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