

# How to travel safely during the COVID-19 pandemic

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d.HOLIDAY Conference, 20 October 2021

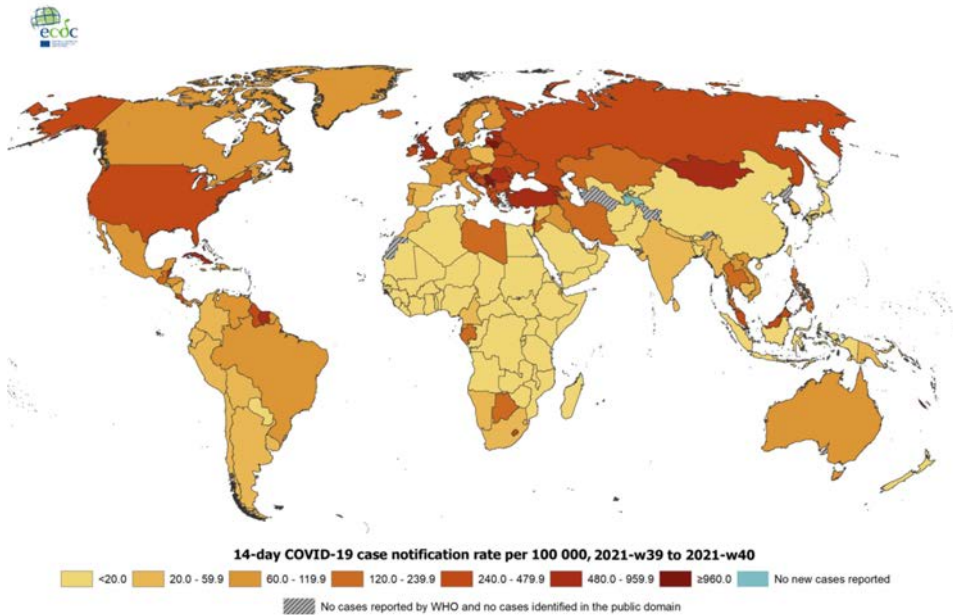


# COVID-19

d.HOLIDAY Conference, 20 October 2021

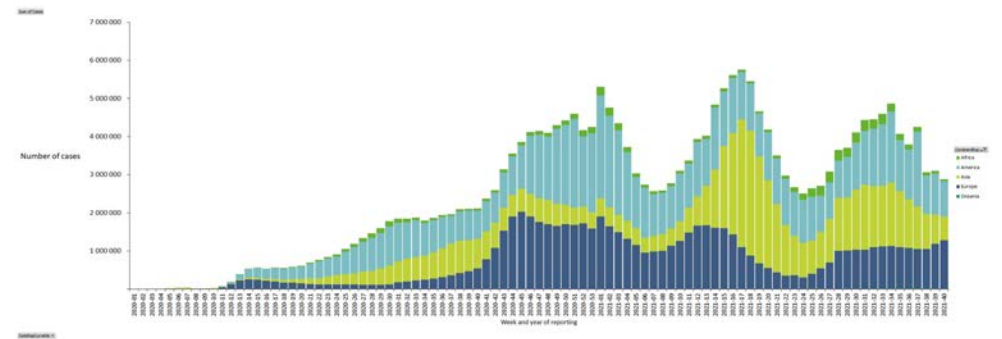
# COVID-19 Cases 238,460,430 / Deaths: 4,855,764

14-day COVID-19 case notification rate per 100 000, Week 39-40 2021

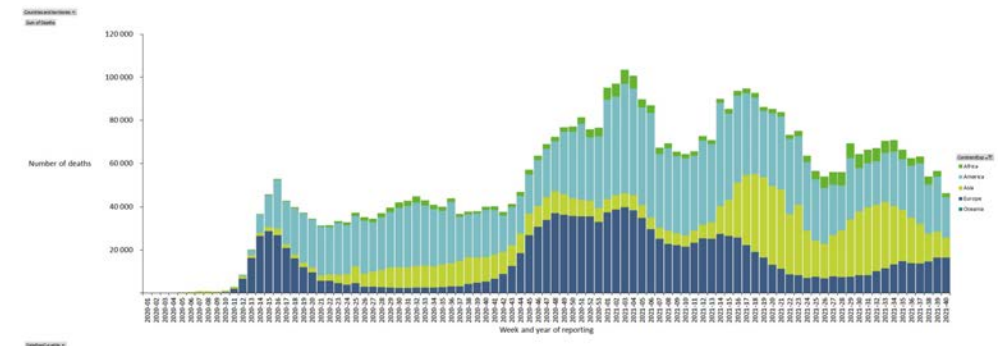


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Distribution of COVID-19 cases worldwide, as of week 39-40 2021



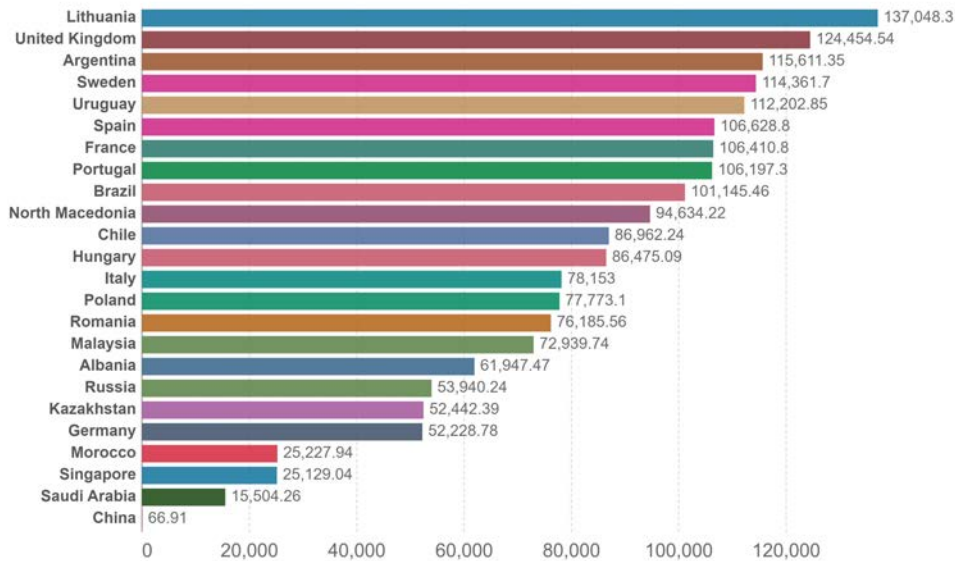
Distribution of COVID-19 deaths, worldwide, as of week 39-40 2021



# Cumulative and daily new cases per million people

## Cumulative confirmed COVID-19 cases per million people

The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.

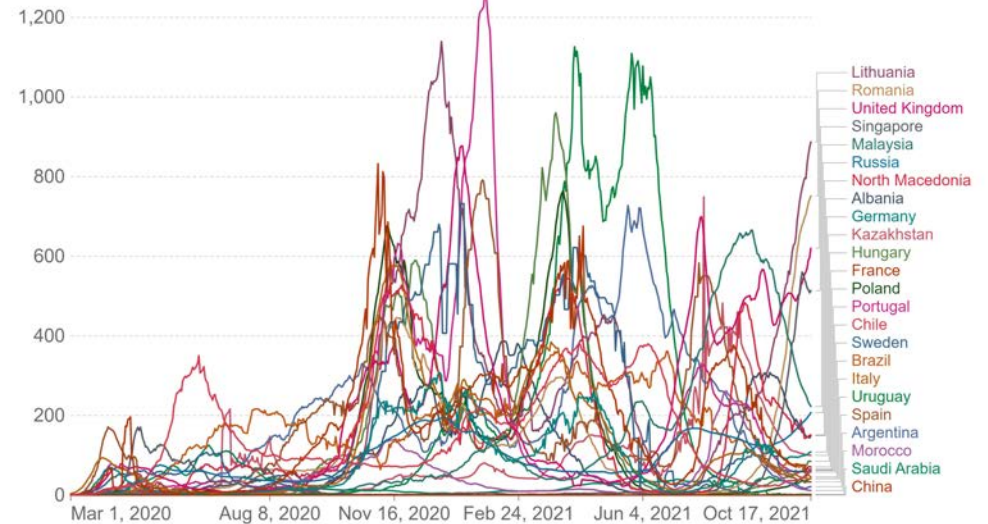


Source: Johns Hopkins University CSSE COVID-19 Data

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## Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.



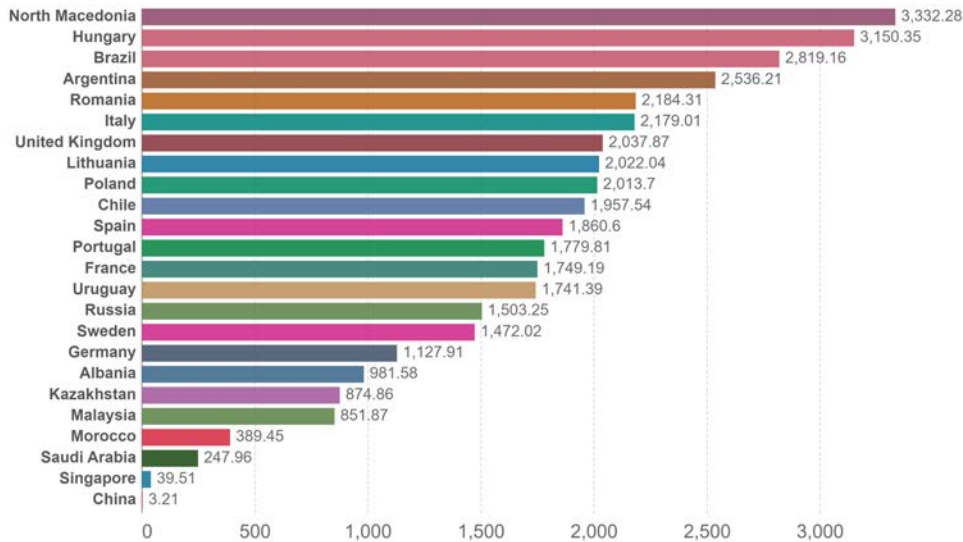
Source: Johns Hopkins University CSSE COVID-19 Data

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# Cumulative and daily new deaths per million people

## Cumulative confirmed COVID-19 deaths per million people

Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.

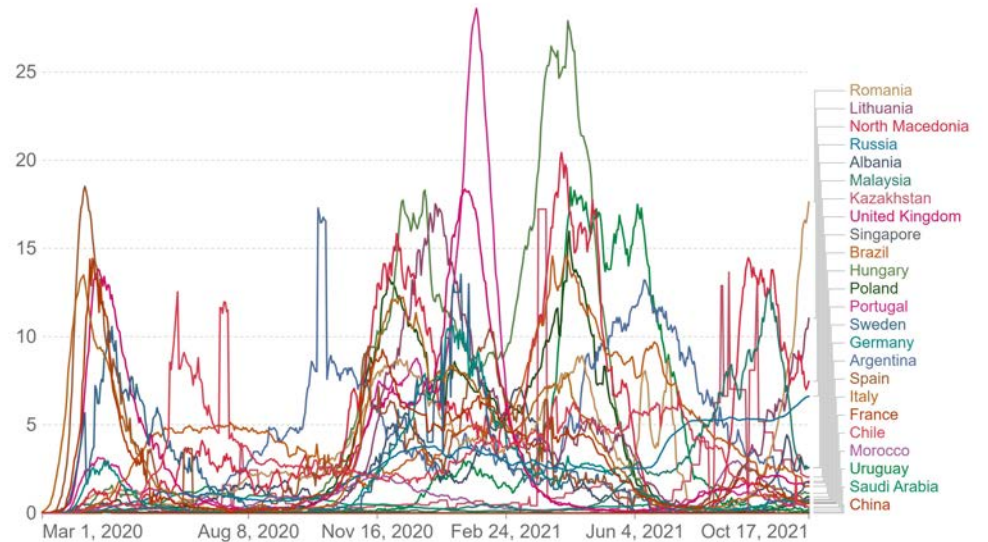


Source: Johns Hopkins University CSSE COVID-19 Data

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## Daily new confirmed COVID-19 deaths per million people

Shown is the rolling 7-day average. Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.



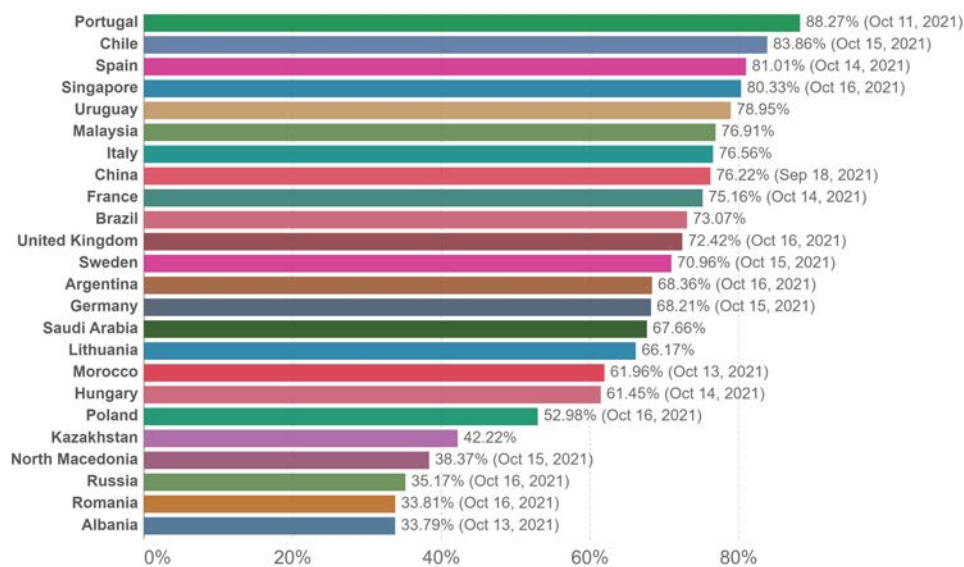
Source: Johns Hopkins University CSSE COVID-19 Data

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# Cumulative COVID-19 vaccination

## Share of people who received at least one dose of COVID-19 vaccine

Total number of people who received at least one vaccine dose, divided by the total population of the country.

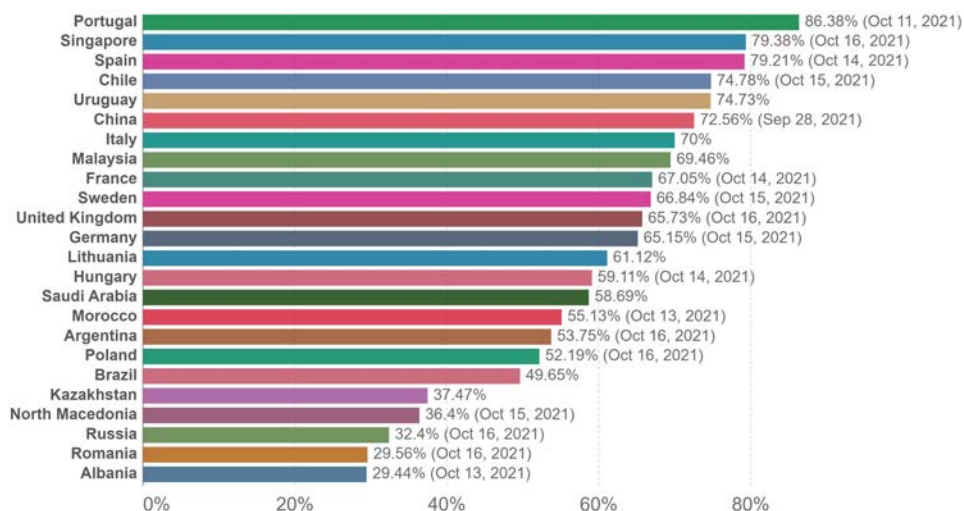


Source: Official data collated by Our World in Data.

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## Share of the population fully vaccinated against COVID-19

Total number of people who received all doses prescribed by the vaccination protocol, divided by the total population of the country.



Source: Official data collated by Our World in Data. Alternative definitions of a full vaccination, e.g. having been infected with SARS-CoV-2 and having 1 dose of a 2-dose protocol, are ignored to maximize comparability between countries.

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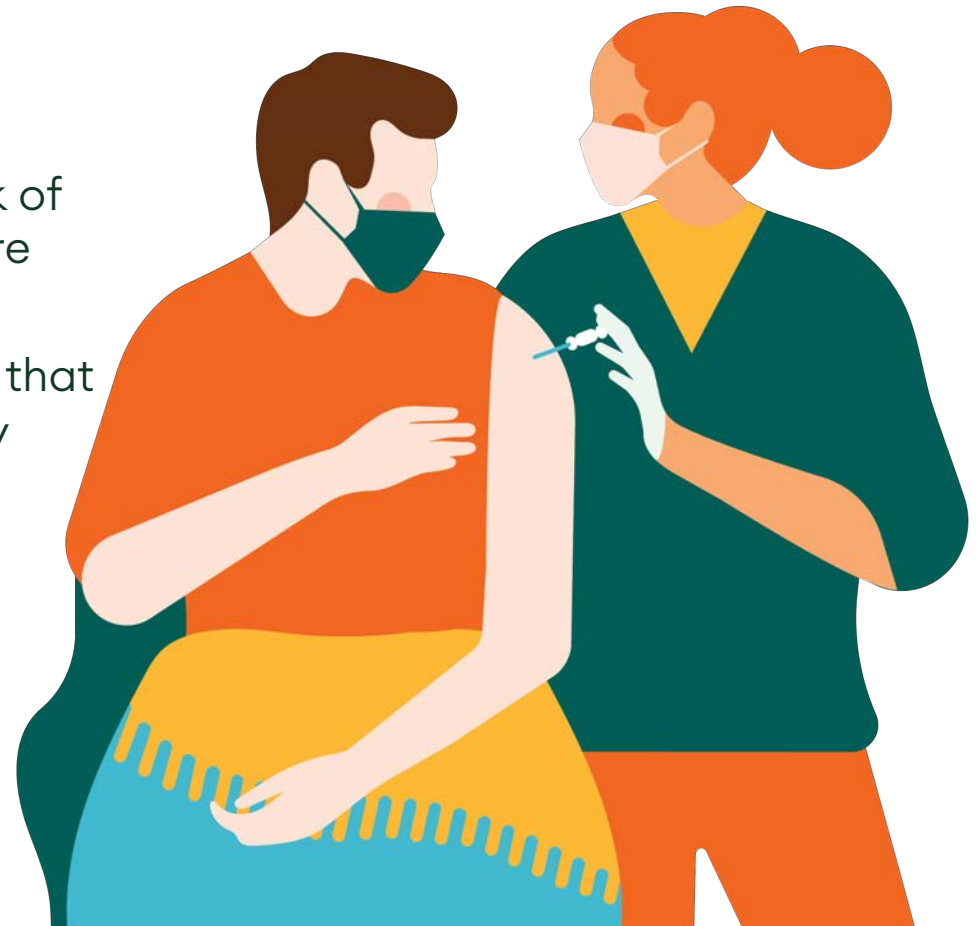
# Traveling during COVID-19 times

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# Learning how to travel in COVID-19 times

- We learned that past terrorist events have changed the way we travel and fly for good
- International travel can still increase your risk of getting new COVID-19 variants, even if you are fully vaccinated
- Most national health institutions recommend that you should avoid travel until you've been fully vaccinated
- Some of today's changes are here to stay





## Before you travel

- Have you been vaccinated against COVID-19?
- Are you at increased risk of severe illness?
- Do you live with someone who's at increased risk for severe illness?
- Does your home or destination have any requirements or restrictions for travellers?
- Check local requirements, restrictions and situations
  - Some state, local and territorial governments have requirements, such as requiring people to wear masks or get tested, and requiring those who recently travelled to stay home for up to 14 days
  - Restrictions can change rapidly, depending on local conditions. Check back for updates as your trip gets closer
- Check local rules for travel and testing
- Choose accommodation carefully, and check for information about how it's protecting guests & staff



## Stay safe when you travel



- ✓ You usually need to wear a mask when using public transportation, covering your mouth and nose
- ✓ Because of how air circulates and is filtered on *airplanes*, most viruses don't spread easily on flights
- ✓ However - crowded flights make social distancing difficult
- ✓ Air travel involves spending time in security lines and airport terminals, which can bring you in close contact with other people
- ✓ Wear a face mask in indoor public spaces and outdoors where there is a high risk of COVID-19 transmission, such as at a crowded event or large gathering
- ✓ Maintain a distance of 2 metres between you and others as much as possible
- ✓ Avoid contact with anyone who is sick

## Stay safe when you travel

- ✓ Limit contact with frequently touched surfaces, such as handrails, elevator buttons and kiosks. If you must touch these surfaces, use hand sanitiser or wash your hands afterward
- ✓ Avoid touching your eyes, nose and mouth
- ✓ Cover coughs and sneezes
- ✓ Clean your hands often. It's especially important after going to the bathroom, before eating, and after coughing, sneezing or blowing your nose.

- ✓ Wash your hands often with soap and water, for at least 20 seconds
- ✓ If soap and water aren't available, use a hand sanitiser that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry
- ✓ Refrain from eating or drinking on public transportation. That way, you can keep your mask on the whole time

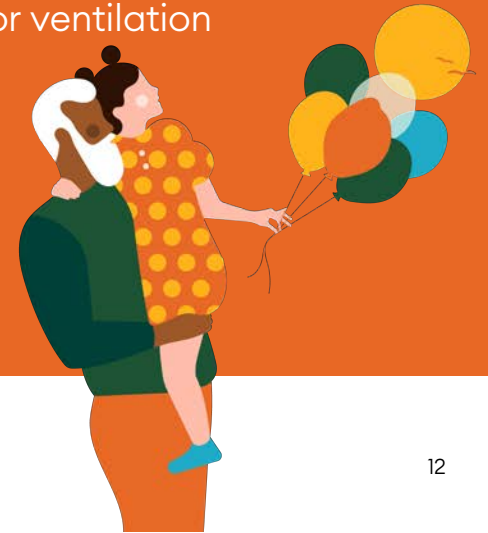
# What about chronic diseases and dialysis patients

- Older adults and people of any age with certain medical conditions that include cancer, **chronic kidney disease**, chronic obstructive pulmonary disease, Down syndrome, serious heart problems, weakened immune system, obesity, pregnancy, sickle cell disease, smoking and type 2 diabetes are at increased risk of severe illness
- Unless there are exceptional circumstances, we recommend dialysis travel only for vaccinated renal patients
- We require testing before accepting patients for dialysis treatment in our clinics



## Key take aways

- Check for COVID-19 rates where you live and where you plan to travel
- Get vaccinated (you are considered fully vaccinated only 14 days after the last dose of the vaccine)
- If you are not vaccinated, traveling requires additional care and eventually testing
- Check for testing requirement, as some countries require testing even if you are fully vaccinated
- Decide carefully on your mode of travel, especially if you are not vaccinated
- Clean you hotel room (but don't obsess)
  - The risk is small, but it is ok to wipe frequently touched surfaces and to open windows for ventilation
- Eating in restaurants is likely fine, if you are vaccinated
  - If possible eat outside and maintain social distancing
- Avoid crowded indoor activities like bars, karaoke cafes, theme parks with inside rides that may carry some COVID-19 risk



**Enjoy vacations and traveling, you deserve it!**