

# COVID-19 has changed the way we travel.



## Five quick trip tips



**1. PACK** Bring hand sanitizer, disinfectant wipes and a few face masks, and know the mask rules for your destination and what to expect when you return



**2. CHECK** See how your insurance handles trip cancellation and medical emergencies; make sure you have adequate coverage and consult travel advisories at [travel.gc.ca](https://travel.gc.ca)



**3. TRACK** Ask your airline company for in-flight rules and last-minute updates



**4. SNACK** Bring food with you when you go out



**5. DON'T LEAVE SICK**

### Don't take a vacation from hand-washing:

*Wash your hands often with soap or hand sanitizer, especially after using the washroom and when preparing food; and remember to regularly clean and disinfect surfaces.*

**Protocols and guidelines are evolving constantly.  
Visit [howtotravelnow.ca](https://howtotravelnow.ca) for more tips!**



# Numbers

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Phone number for travel insurance provider:

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Travel insurance number:

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Phone number for hotel:

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Phone number for car rental company:

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Emergency contact name and phone number:

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Healthcare provider name and phone number:

## Notes