

## Staying Healthy While Traveling

Dear Traveler,

We all want to stay healthy when traveling, especially in light of the spread of Covid-19. These are proactive steps that you can take to do so:

- 1) **Wash your hands** often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- 2) **Avoid touching** your eyes, nose and mouth with unwashed hands.
- 3) **Cover your mouth and nose** with the inside of your elbow when you cough or sneeze (do not use your hands). Wash your hands or sanitize after sneezing.
- 4) **Clean and disinfect** frequently touched objects and surfaces. For example, wipe down your airline seat area and your bus seat area when first arriving.
- 5) **Stay hydrated.** Drink A LOT of water.
- 6) **Eat well** and **exercise** regularly.
- 7) **Sleep!** Your body needs rest to self-repair and stay healthy.

We wish you an enjoyable, meaningful and healthy journey!

Shalom,

Ayelet Tours

