

**COVID-19 Travel Advisory
August 2022**

The virus causing the novel coronavirus disease (COVID-19) is contagious. The spread of COVID-19 and other viruses can be reduced by knowing the signs and keeping away from others when you are unwell. Getting vaccinated, wearing a mask, keeping distance from others when possible, and following proper hygiene protocols can help prevent the spread of COVID-19.

While the risks associated with contracting COVID-19 can be reduced, they CANNOT be eliminated. Everyone must play a role in helping to reduce the spread of the virus. Certain individuals with pre-existing conditions may be at greater risk. If you have any concerns as to whether travel is right for you, you should speak with your treating physician before traveling. Please review all pre-departure forms and materials for additional information on how WorldStrides is responding to COVID-19 and how it may impact your program.

It's important that all participants are aware of the symptoms of COVID-19 and take responsibility for monitoring their health and reporting any COVID-19 like symptoms they experience before and during travel.

SYMPTOMS

COVID-19 symptoms include the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WHAT TO DO IF YOU EXPERIENCE SYMPTOMS

Before Travel:

Speak with your physician before travel if you or someone in your household is experiencing symptoms within 10 days of your program start date to determine if traveling is appropriate. When speaking with your physician, explain that you are traveling for an educational program and will be traveling with or joining other students who do not live in your household. This will help your physician make recommendations for your well-being and for others participating on your program. Communicate these



recommendations to your Program Leader. **Based on symptoms, timing, and other factors, it may be necessary for you to postpone your travel plans. If that is the case, your Program Leader can help you understand your options.**

During Your Program:

While on the program, if you begin to experience symptoms, make your Program Leader aware. WorldStrides can help you speak with a medical professional and isolate from others while waiting for a medical recommendation. **Until you are cleared by a medical professional or have completed the required isolation, it is likely that you will not be able to participate in program activities.**

ASYMPTOMATIC CARRIERS

People can still spread COVID-19 even if they are not experiencing symptoms. Thus, it is possible to contract the virus and not know when or where you came into contact with an infected person. To help reduce this risk, all participants are expected to follow all COVID-19 specific rules established by the Program Leader and any rules established by attractions, sites, and service providers (e.g. airlines, motorcoaches, hotels and restaurants). In addition, participants are expected to maintain good hygiene practices such as frequent handwashing, keep distance from others when possible, and wear face masks when appropriate.

ADDITIONAL RESOURCES

As a WorldStrides participant, you can find additional information on ways to reduce the risk of contracting and spreading COVID-19 in your pre-departure materials. You will also receive a general safety briefing when you arrive onsite and guidance as needed throughout your program.

For additional resources, please review the following:

The Centers for Disease Control and Prevention (CDC): www.cdc.gov

The World Health Organization (WHO): www.who.int

Your Local Department of Health

COVID-19 Acknowledgment and Assumption of Risk

By participating in a WorldStrides program, I acknowledge that I am fully aware of the current global COVID-19 pandemic and the increased risks associated with travel. I agree that it is my personal decision to travel or to permit my child to travel, and I am doing so with full knowledge of current travel recommendations, travel restrictions, and added travel risks. I acknowledge that restrictions or requirements may change prior to or during my WorldStrides program as new information becomes available related to traveler safety and agree to comply. Local restrictions or requirements in the program destination may be stricter than what I or my child am used to at home and I agree that I or my child will comply with the local rules. I further acknowledge that I have read and agree to all Terms and Conditions shared with me at the time of registration.