

UW-Health: Says planning ahead is key to healthy spring break travel

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MADISON, Wis. – Spring break is upon us, and many are looking forward to traveling to warmer destinations for some relaxation, but the COVID-19 pandemic is still a risk to consider.

UW Health is offering COVID-19 safety tips to encourage a safe and healthy spring break for all.

With cases and hospitalizations declining and many COVID-19 restrictions rolling back, this spring break will look very different than the first two years of the pandemic, according to Dr. Jeff Pothof, chief quality officer, emergency medicine physician, UW Health, associate professor of emergency medicine, UW School of Medicine and Public Health.

“Most of us are ready to get out of the cold for a few days, and travel is much safer these days,” Pothof said. “But the pandemic is not over so being vaccinated and staying aware of the COVID-19 situation at your destination is the best way to stay safe this spring break.”

No matter where you are traveling, following Centers for Disease Control and Prevention [recommendations](#) is important, according to Pothof. He also offers the following tips.

- Stay up to date with your COVID-19 vaccinations, including getting a fourth dose if you are immunocompromised. Get a booster if you are eligible.
- If you are traveling in the United States, check the COVID-19 situation at [your destination](#). If you are [traveling internationally](#) make sure you know the local COVID-19 restrictions and requirements.

- If you are traveling to a place where the CDC indicates COVID-19 transmission rates are high, wear a mask indoors with other people and consider getting tested three to five days after you return home.
- If you are sick, stay home and do not travel.
- Bring a well-fitted, quality mask for any place you might need one, such as an airplane.