

Travel during the COVID-19 pandemic brings unique challenges that require significant preparation and specific considerations; International SOS recommends that all travelers consider the below checklist of actions and items, prior to and during travel.

Be aware of COVID-19 symptoms: fever, chills, cough, fatigue, muscle pain, headache, sore throat, diarrhea or new loss of taste or smell.

The [International SOS](#) login number for UM Travellers is: **27AYCA524935**

Pre-Booking	
Appropriate consideration has been given to the impact of travel restrictions. A pandemic may cause governments to enforce sudden, harsh travel restrictions. Travelers may be stranded in certain countries, barred from leaving, or denied entry into their desired destination country.	
You have reviewed the latest updates to the UM COVID-19 page .	
A <i>Fitness to Travel</i> screening has been conducted by a medical provider if you are at higher medical risk, i.e. identified to have significant or chronic medical condition/s.	
You have reviewed the International SOS Pandemic Information site to learn about the pandemic risks at your destination(s).	
Destination domestic restrictions have been reviewed.	
Port of departure travel restrictions for return have been reviewed.	
Port of arrival travel restrictions for return have been reviewed.	
UM Travel Tools have been reviewed.	
Approval	
Alternative options to achieve the outcome of the trip are not sufficient (i.e. virtually via Teams, Zoom, etc.).	
Trip has been identified as essential by Dean/Director/Department Head.	
Trip has received one-over-one approval.	
Booking	
Trip has been booked through Travel Services/Concur	
Trip itinerary has been provided to your Dean/Director/Department Head.	
Trip has been booked to account for any quarantine requirements at destination .	
Trip has been booked to account for possible delays due to imposition of travel restrictions.	
Accommodation at destination has been secured.	
International SOS Pre-Trip Advisory has been received and reviewed (for high-risk destinations or for travellers with additional vulnerabilities such as chronic disease, disability, 2SLGBTQ+, racialized people etc.) You can contact International SOS using their app or by calling 1-800-523-6586 to request this at no cost.	
Pre-Departure	
International SOS Assistance App has been downloaded.	
Pre-trip briefing with International SOS for medical and security information has been conducted, either via e-mail or phone (for high risk destinations)	
Emergency Contact information has been updated.	
Family care plan has been developed, in the event of travel disruption.	
COVID-19 educational materials have been reviewed.	
Healthcare resources in your destination have been identified and reviewed.	
You do not have COVID-19 symptoms.	
Destination's requirements for wearing of PPE have been reviewed.	
Traveller has hand sanitizer and required or recommended PPE for destination.	
Port of departure and port of arrival airport COVID-19 procedures have been re-reviewed (changes are frequent and may have changed since the time of booking)	
Transport provider (airline, rail, etc.) COVID-19 procedures have been reviewed.	

During Travel	
Proper hygiene is maintained throughout the duration of the trip, to include frequent hand washing with soap and water, or use of hand sanitizer with at least 60%-85% alcohol.	
Local procedures are followed for social distancing and wearing face masks. It is recommended to maintain a distance of 6 feet (2 meters) from others. People over the age of 60 and those with underlying health conditions should use surgical masks when in public.	
International SOS has been contacted if you develop a fever, difficulty breathing, cough, or other COVID-19 symptoms. Medical staff will advise you, help you find care and make any necessary appointments on your behalf. You can contact International SOS using their app or by calling 1-215-942-8226.	
If sick, your employer has been contacted and advised of your illness. You have self-isolated and will not return to work until you have been cleared to do so.	
International SOS alerts have been regularly monitored for changes in travel restrictions.	
Post Travel	
For 14 days after returning from travel, you have monitored your health. If COVID-19 symptoms develop, you will self-isolate and seek medical assessment.	

Please report errors or dead links to Breanne.Guiboche@umanitoba.ca