

make **my** trip

—presents—

A Go-To Handbook on Traveling Safe in the Times of Corona

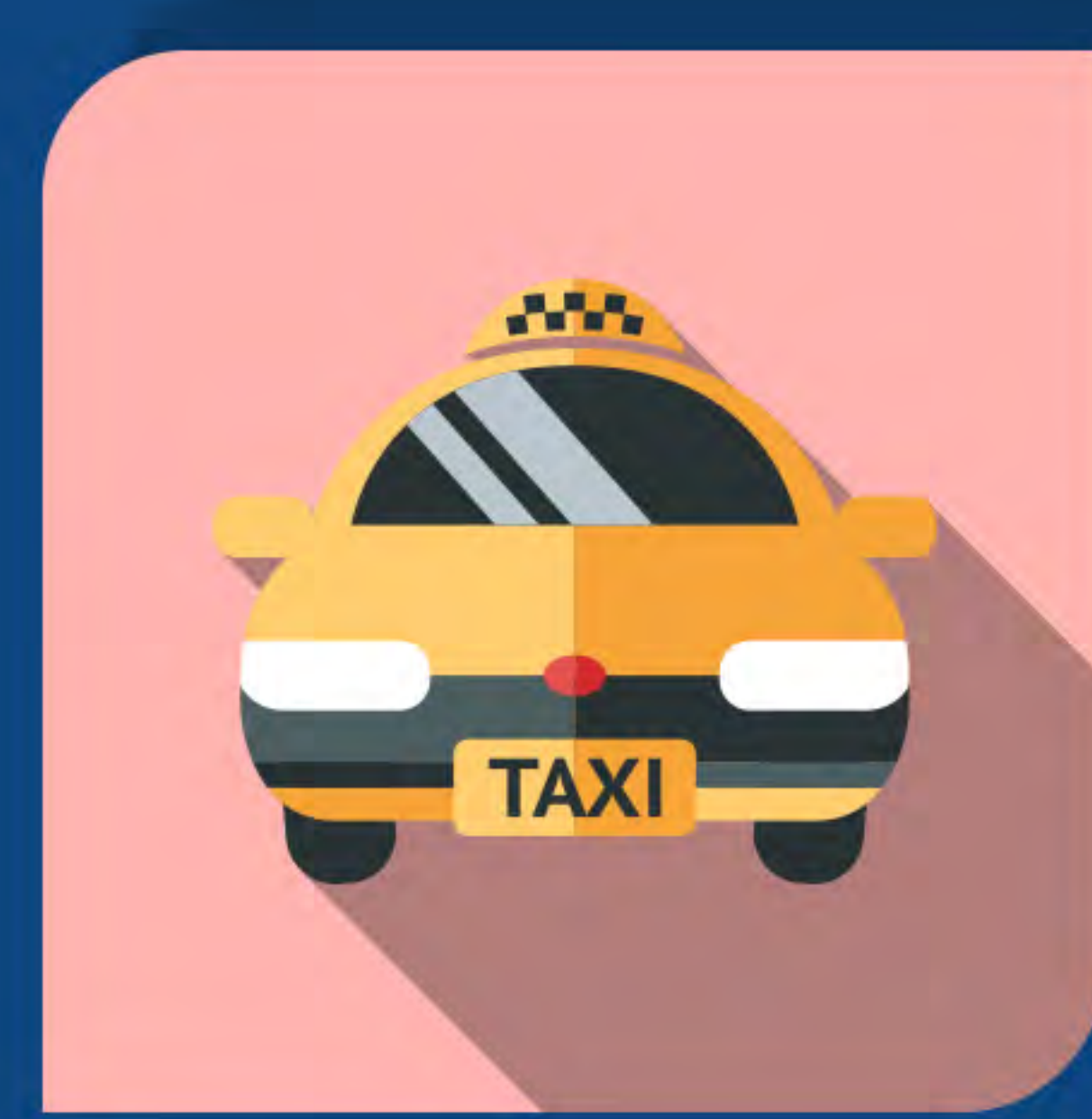
Get Helpful Tips On



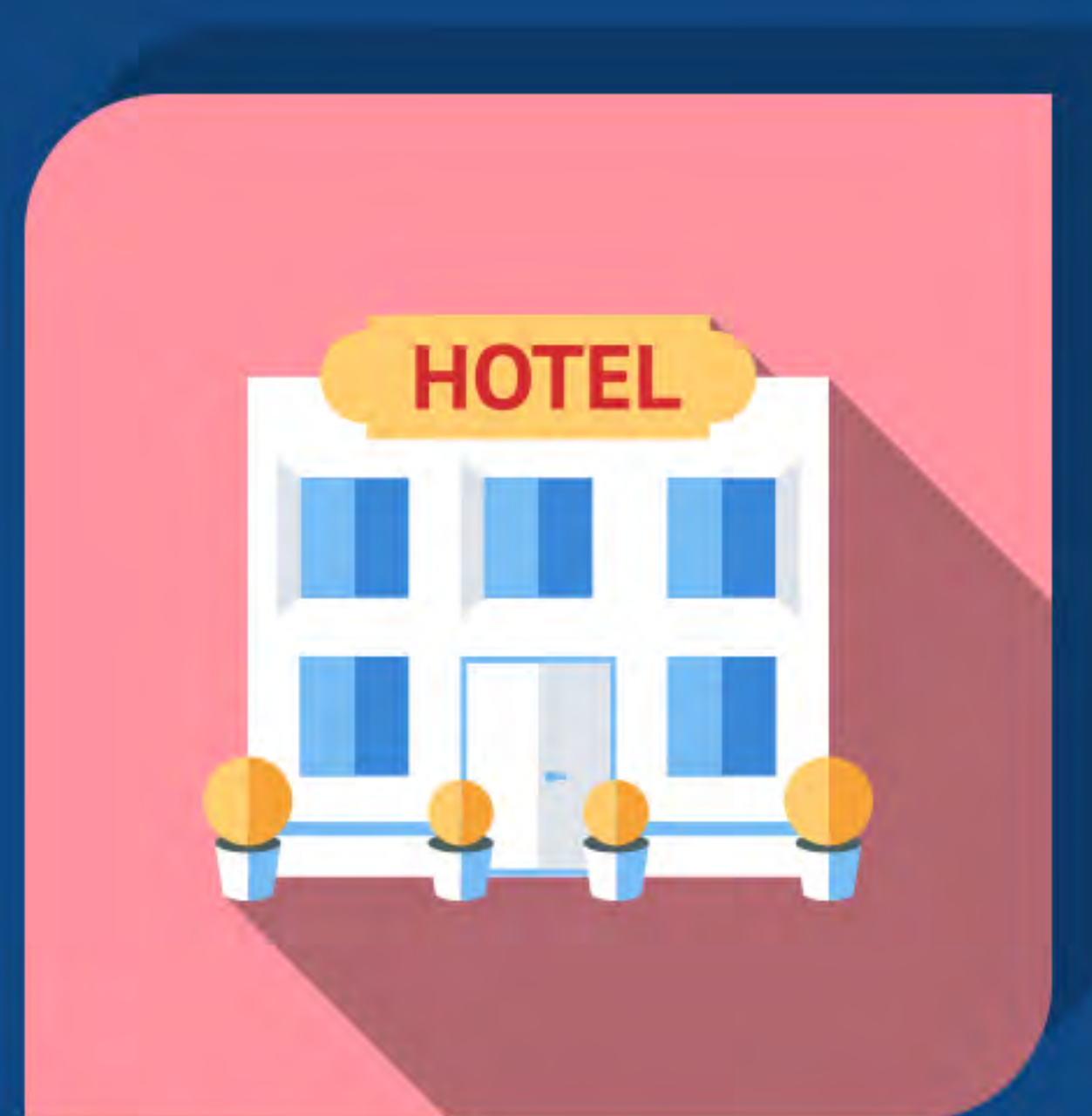
Air Travel



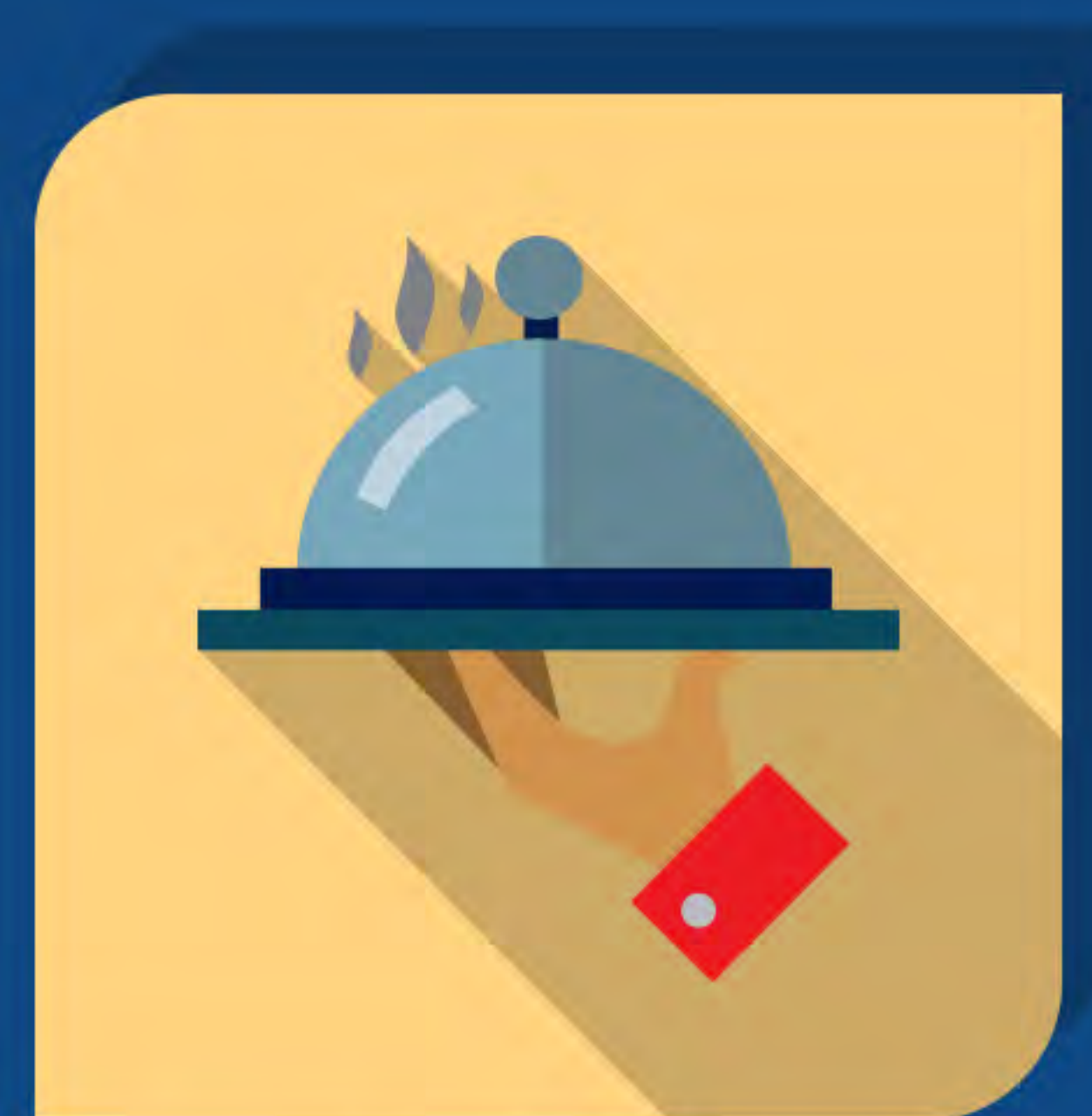
Train Travel



Road Travel

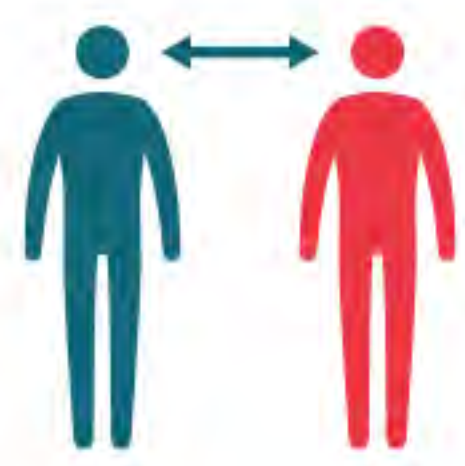


Hotel Stays



Shopping/Dining

The 6 New Mantras of Safe Travel



Follow social distancing



Wear a mask



Follow advisories



Sanitize your hands often



Eat well



Download Aarogya Setu App

#ProTip: Most states and UTs within India have released their own entry and exit guidelines vis-à-vis passes, permits and quarantine rules. Don't forget to check these before travelling!

We need to stick together, while staying apart!

Common Travel Mistakes

- ✗ Eating unhygienic food.
- ✗ Not maintaining enough distance in queues.
- ✗ Not gathering enough information about the route and destination.
- ✗ Ignoring hand-hygiene.
- ✗ Touching surfaces with your hands.
- ✗ Making cash transactions.
- ✗ Panicking and spreading rumours.

What To Do Instead

- ✓ Carry your own food or eat from clean places.
- ✓ Remember the "arm's length" rule from school?
- ✓ Read travel advisories for your source and destination cities.
- ✓ Sing the chorus of 'Suhana Safar' twice in your head while washing hands.
- ✓ Mind those staircase railings and use a pen to punch elevator buttons.
- ✓ Use digital wallets and UPI payments.
- ✓ Fact-check everything before sharing. Fake news is a reality.

#HelpFlattenTheCurve

Reveal medical and travel history truthfully.



#AllYouNeedToKnow: Air Travel

What Airports and Airlines are Doing



Mandatory Web
Check-In



Disinfecting Premises
Regularly



Staff Training on
Hygiene Practices



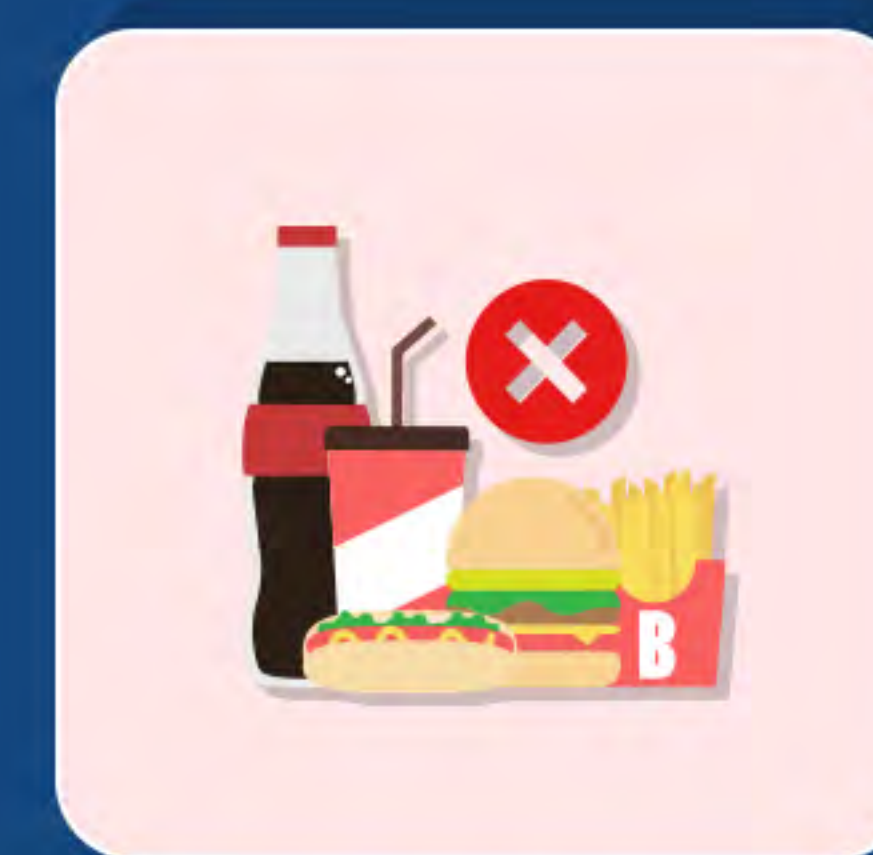
Thermal screening &
self-declaration forms



E-boarding passes & baggage
receipts



Boarding & de-boarding in
small batches



No food, magazines
etc. on-board

What you can do



- ✓ Carry gloves, masks, sanitiser, wipes and medicines.
- ✓ Download Aarogya Setu and other state-specified apps.
- ✓ Keep your e-boarding pass and other required documents ready.
- ✓ Carry minimal check-in and hand baggage.
- ✓ Wear your mask throughout the journey.
- ✓ Clean toilet seats with a disinfectant wipe before use.
- ✓ Sanitise your hands after touching doors, check-in counters etc.
- ✓ Remain in your seat as much as possible.

#AvoidLastMinuteRush

Airports might be running on reduced capacity. Reach at least 2 hours before departure time.



#AllYouNeedToKnow: Train Travel

What Indian Railways are Doing



Regular sanitization of coaches



Training and PPE for crew



Thermal Screening



Limited entry to railway stations



No linen on-board



Strict food-handling protocols

What You Can Do



- ✔ Book your tickets online.
- ✔ Arrive at least 90 minutes prior to train departure.
- ✔ Carry your own snacks, linen, reading material etc.
- ✔ Use masks, gloves, sanitizer, wipes and pocket liquid soap.
- ✔ Carry only minimum essential luggage.
- ✔ Push doors with your shoulders or hips instead of hands.
- ✔ Sanitise your bag once you leave the train.

#CleanItRight

Wipe surfaces from left to right, and never wipe back on the same area.



#AllYouNeedToKnow: Road Travel

What Cabs and Buses are Doing



Deep cleaning of vehicles after every ride



Mandatory face masks for drivers and passengers



Sanitizers for staff and passengers



Contact tracing through Aarogya Setu app.



Seat blocking for social distancing.

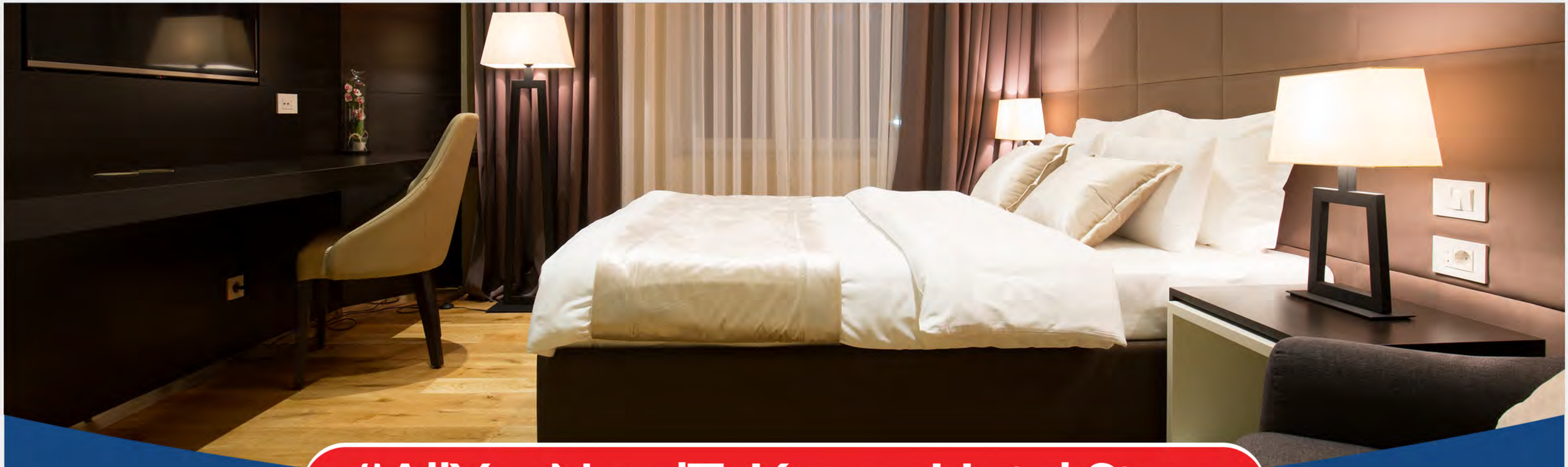
What can you do to stay safe?



- ✔ Clean your hands before entering a vehicle and after exiting.
- ✔ Avoid contact with common touchpoints of the cab, unless necessary.
- ✔ Use digital payment options instead of cash.
- ✔ Follow seating guidelines and pax. limits as laid out by the government.
- ✔ Keep a copy of your ePass and other required documents handy.
- ✔ If travelling by overnight bus, carry your own blanket and linen.
- ✔ Discard all used tissues outside the vehicle, in a proper bin.

#PrepForSelfDrive

Get your car a proper post-lockdown servicing before embarking on a road trip.



#AllYouNeedToKnow: Hotel Stays

What Most Properties are Doing



Staff training on hygiene and respiratory etiquette



Sanitizers in rooms and common areas



Thermal screening of guests and staff



Frequent disinfection of premises



Social distancing in all common spaces



Strict kitchen guidelines



Restricted entry for symptomatic individuals

What You Can Do



- ✓ Avoid touching check-in counters, card machines, brochures etc.
- ✓ Carry your own photo-copy of the ID proof.
- ✓ Do a cursory room clean-up yourself, with special attention to light switches, remote-control, telephone receiver and washroom handles.
- ✓ Sanitize any items picked from the minibar before use.
- ✓ Avoid buffets and opt for in-room dining.

#StayAlert

Don't hesitate to inspect a property before checking in, and talk to the manager about safety measures in place.



#AllYouNeedToKnow: Shopping, Dining & More

From restaurants, market-places and public spaces, your post-quarantine life will have to adapt to a new normal.

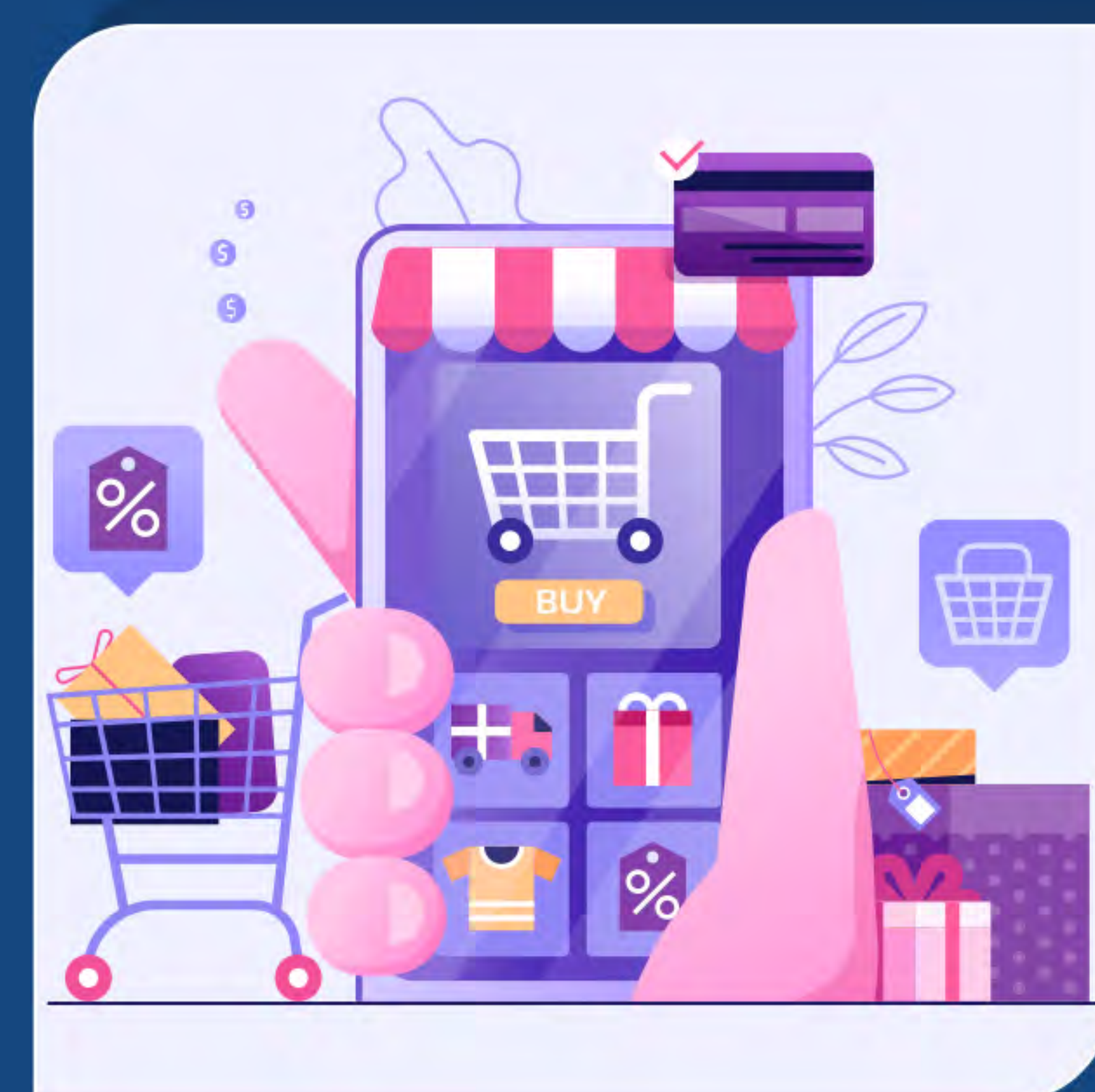
Eat Clean



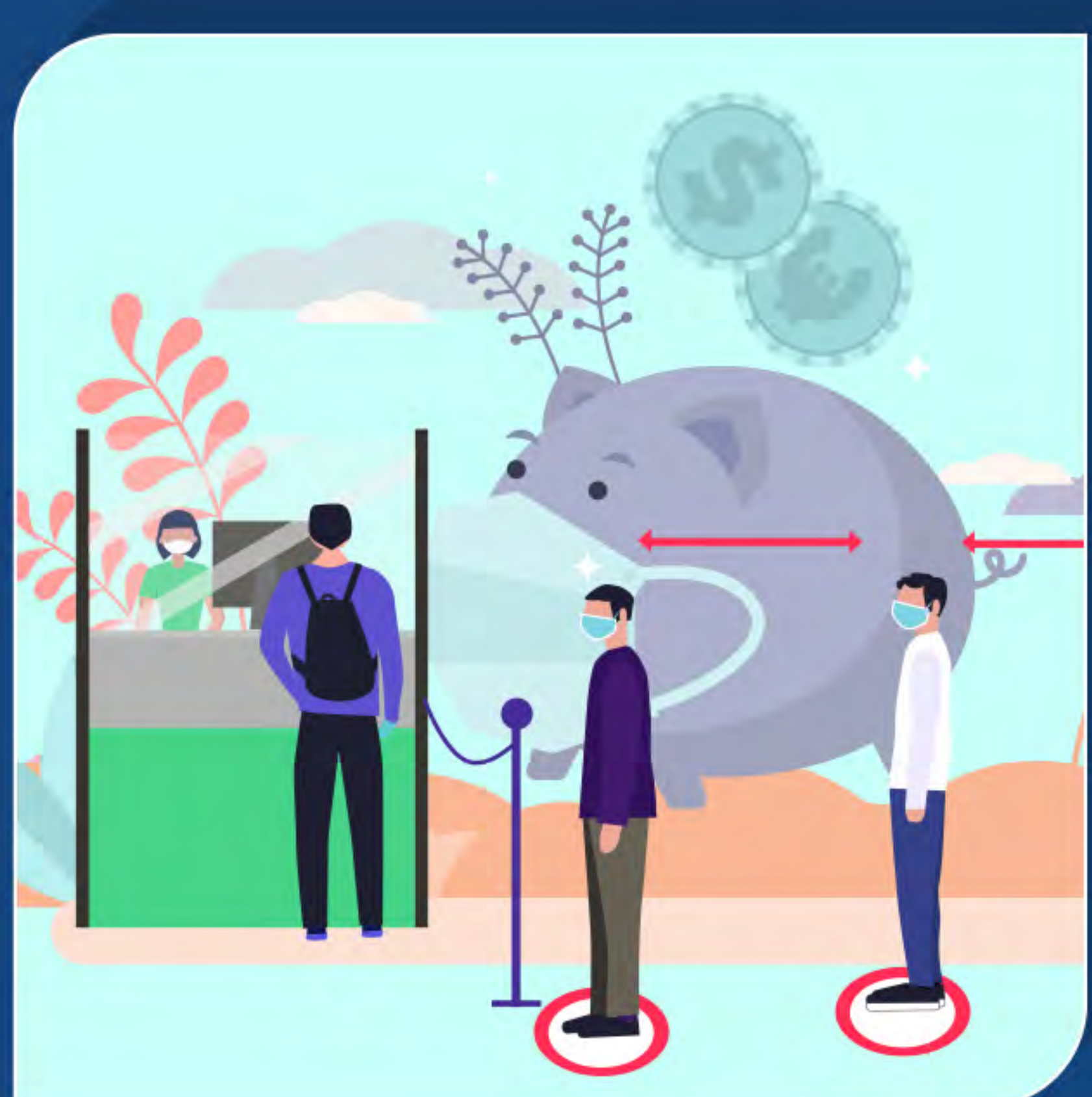
- ✓ Choose hygienic places serving freshly-cooked food.
- ✓ Avoid street food for a little longer.
- ✓ Wash your hands before and after every meal.
- ✓ Feel free to wipe down the table and arm rests. No one will mind.
- ✓ Try carrying your own water.

Shop Smart

- ✓ Indulge in online retail therapy, or choose a less-crowded market-place.
- ✓ Make a list so you can shop quickly and efficiently.
- ✓ Support local and small businesses as much as possible.



Bank with Care



- ✓ Wear a mask, and carry your own pen.
- ✓ Keep documents and cards handy before you enter.
- ✓ Sanitize your hands after handling currency notes.

#CareForTheVulnerable

Look out for senior citizens around you. They might need extra assistance.

Useful Tools and Resources



Download the Aarogya Setu App for updated district-wise health information, safety tips and self-assessment tests.



Get details of your nearest hospital and COVID-19 testing center.



If you are travelling across states, keep the emergency helpline numbers handy. For more information, [click here](https://www.mohfw.gov.in/pdf/coronavirushelplinenumber.pdf).
<https://www.mohfw.gov.in/pdf/coronavirushelplinenumber.pdf>

National helpline information:

Helpline Email ID: ncov2019@gov.in

Toll Free number: **1075** | Helpline Number: **+91-11-23978046**



Every state has a different mechanism on how to get passes and permits for inter-state travel. Check **official websites** for the same.



If you have been experiencing stress, depression or anxiety due to these unprecedented circumstances, reach out to the toll-free **government helpline (08046110007)** launched by the National Institute of Mental Health and Neuro-Sciences (NIMHANS).

Wish to keep up with the latest detailed travel guidelines?

[CLICK HERE](#)

Travel Smart, Stay Safe!