

Transcript for Video/Audio Clips

Lori Grooms, director of Infection Control and Prevention, OSF HealthCare

She advises looking at the positivity rate in the areas you plan to visit during your trip. That reveals how prevalent COVID-19 is in the community.

“So most places we look at having a positivity rate of below 8% but you also want to look at what several counties and regions in Illinois are now showing that positivity rate and how it’s changing over time.” (:13)

It’s also important to know the daily rate of new cases in the area of your final destination and to watch the trend.

“Watch and see whether their rate of new cases are going up, is it coming down, is it flat? And, what is their hospitalization rate because that can tell you about the severity of cases in their area.” (:13)

Traveling by car carries the risks if the trip is long enough to require stops for gasoline and bathroom breaks.

“You may come into contact with anyone from anywhere within the United States, so even looking at the rate within that specific area may not be that pertinent when you’re talking about travel requiring a gas station.” (:11)

Make sure any travel deals are flexible enough to allow cancellation or a change of travel dates.

“Because you want to make sure it comes with the flexibility to alter dates; what happens if you need to cancel your dates or change them after you’ve made them? You also want to consider historically other pandemics have lasted for anywhere from a year to 2 years and will we at the same time in 2021 be in the same situation? We really don’t know.” (:24)

Most airlines are requesting passengers wear masks at all times so Grooms suggests getting used to that through practice.

“Wear your mask for errands. Increase the amount of time you’re wearing it. Maybe go for walks and wear your mask just so you build up your tolerance because it does take time to adjust to wearing a mask.” (:13)