

TRAILBLAZER TRAVELZ

COVID-19 TRAVELER ESSENTIAL HANDBOOK

Immerse yourself into stories and experiences that inspire and fuel imagination. Feel the elation of travel and discovery once more with a sated curiosity!



TRAVELING DURING COVID-19

As we slowly regain our collective freedom to roam the world once more, it is important that we still practice safety precautions and protocols during COVID-19. Reconnecting with nature and ourselves has never been more important, and as our 2021 groups are in the planning process of their trips we are taking necessary yet important safety precautions and instituting safety standards for the smooth running of all our tours but more importantly the safety of every single individual. Although we are not out of the woods yet, however don't dream that travel is all over for travel will never go away.

Nonetheless, we hope that during our collective confinements, we have thought about how best to now travel. In other words how we can become more conscious travelers who are mindful of their impact especially on local communities, economies and our environment. This is the core of our mission at Trailblazer Travelz; to curate meaningful, enriching and immersive experiences that goes far beyond the traditional travel cycle.

All of us have equivalents. Things we care about that aren't mentioned anywhere. Part of growing up, and learning to travel well, means daring to take our own interests a bit more seriously. So, what is the traveler's mindset? Receptivity, appreciation and gratitude might be its chief characteristics.

French-Cuban writer Anaïs Nin a woman of extraordinary cultural prescience cannily states this in her diary on *Vacation and the Art of Presence: How to Truly Unplug and Reconnect with Your Senses*. "As you swim, you are washed of all the excrescences of so-called civilization, which includes the incapacity to be happy under any circumstances." Feel the elation of travel and discovery once more with a sated curiosity!

OUR

COMMITMENT

TO SAFER

TRIPS

Trip Safety Standards & Protocol!

#**STOPTHESPREAD**

implementation to ensure that every individual feel safe.

Ultimately, we envision a future of travel which is safe, secure, seamless and provides an authentic and meaningful experience to all our customers in their journey the safest way possible. We strive to deliver life-changing experiences to soothe the weary soul - something we have all longed for. Together, with diligence, cooperation and practicing good hygiene, we can make every trip safe and seamless.



Here's What we are Packing in our Coronavirus Travel Kit:

Face Masks

Hand Sanitizers

Temperature Kits

Hand Gloves

Disinfectant Spray

First-Aid Kit

What we are Packing in our Coronavirus Travel Kit

As we strive to make trip safety and the safety of our customers a top notch priority we are providing coronavirus travel kit to every one of our customers and our tour teams. However, we will not be able to do this effectively without your cooperation. We are committed to the safety of all our customers and tour teams. Hence, why we made this free e-book that outline some effective safety standards and protocols we are incorporating in all our trips and developing meaningful action plans that optimize all aspects of our tours. Part of our protocols include providing all our customers with the insights and toolkits for interaction and

WAYS TO AVOID COVID-19 ANXIETY

GATHER FACTUAL INFORMATION

from credible sources to help you accurately determine your risk and take reasonable precautions.



MANAGE YOUR EMOTIONS

by using skills that you've used in the past when facing life's adversities.

AVOID BAD MEDIA

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.



MAINTAIN A HEALTHY LIFESTYLE

as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.



Source: World Health Organization

WHAT IS COVID-19?

Corona viruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

BEFORE YOU TRAVEL CONSIDER THESE:

Before you travel, consider the following:

Is COVID-19 spreading at your destination? The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.

Check Each Country's Cases in the Last 7 Days Travel Recommendations for Destinations Around the World. Do you live with someone who might be at increased risk for severe illness from COVID-19?

If you get infected while traveling, you can spread the virus to loved ones when you return, even if you don't have symptoms.

Are you at increased risk for severe illness from COVID-19? Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. Does your destination have requirements or restrictions for travelers? Some state, local, and territorial governments have requirements, such as requiring people to wear masks and requiring those who recently traveled to stay home for up to 14 days. Check state, territorial, tribal and local public health websites for information before you travel. If you are traveling internationally, check the destination's Office of Foreign Affairs or Ministry of Health or the US Department of State, Bureau of Consular Affairs, Country Information page [external icon](#) for details about entry requirements.

#StopTheSpread

7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

Source: World Health Organization



WEAR A MASK. PROTECT OTHERS.

RECOGNIZE CORONAVIRUS SYMPTOMS BEFORE YOU TRAVEL

The following symptoms may appear 2-14 days after exposure

These symptoms are usually mild and begin gradually

- Fever
- Fatigue
- Shortness of breath
- Cough

Most people (about 80%) recover from the disease without needing special treatment.

WHO'S AT RISK:

- OLDER PEOPLE
- People with underlying medical problems like high blood pressure, heart problems, diabetes, asthma.

Seek medical advice if:

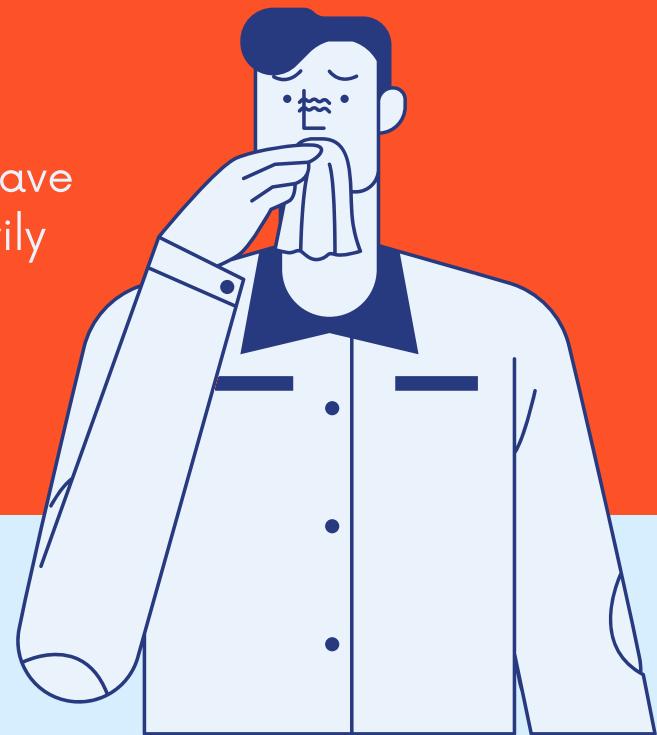
- You live in the an area with an ongoing spread
- Have been in close contact with a person known to have COVID-19
- You develop symptoms



SELF-QUARANTINE PROCEDURES



Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.



STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials



CHECK YOUR TEMPERATURE
at least two times a day



WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue



PRACTICE SOCIAL DISTANCING

while on the road be very conscious about, maintaining at least 2m (6ft) distance from others

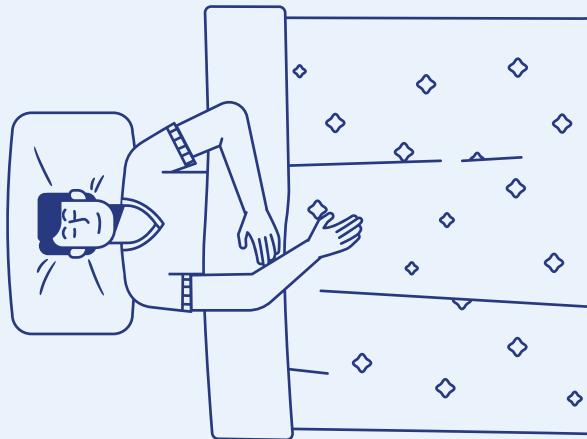


WASH YOUR HANDS WITH SOAP AND WATER

You can also use alcohol or hand sanitizer



STAY IN A DESIGNATED ROOM
and use designated toilet/bathroom if possible



CALL YOUR DOCTOR OR HOSPITAL BEFORE VISITING

If you need medical attention (whether for viral symptoms or other medical care reasons), contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival

Source: Centers for Disease and Control and Prevention

HOW TO SAFELY WEAR A NON-MEDICAL FABRIC MASK

DOS:

- Thoroughly wash hands with soap and water before touching the mask
- Inspect the mask for any damages or dirt
- Adjust the mask without leaving gaps on the side
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Use the straps to remove the mask and pull it away from your face
- Store the mask in the clean resealable plastic bag if it is not dirty or wet, and you plan to re-use it
- Remove the mask from the bag by the straps
- Wash the mask with soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

DON'TS:

- DO NOT use a damaged mask
- DO NOT wear a loose mask
- DO NOT wear the mask under the nose
- DO NOT remove the mask if there are people within 1 meter of you
- DO NOT use a mask that's difficult to breathe through
- DO NOT use a dirty or wet mask
- DO NOT share your mask with others

Source:
World Health Organization



Buying food and keeping safe while traveling during COVID-19



Washing fruit and vegetables

- Wash your hands with soap and water before handling any produce
- Wash fruit and vegetables thoroughly with clean water

Grocery Shopping

- Keep at least 2m distance from others
- Avoid touching your eyes, nose, and mouth
- Sanitize handles of trolleys or baskets before shopping
- Once home, wash your hands thoroughly before putting away your purchases, then again after



Source: World Health Organization

24/7 COVID EMERGENCY HOTLINE

What is STEP?

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Step is a program that sends local safety and health alerts to enrollees and helps the department of state to contact U.S citizens in an emergency abroad. During the pandemic-related evacuation this year, STEP enrollees were automatically kept up-to-date with updated information on repatriation flights. Which is why at Trailblazer Travelz we highly encourage every single individual on our groups enroll in STEP. It's free, simple and easy.

Benefits of Enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

U.S CITIZENS IN EMERGENCY:

Call:
+1-202-501-4444
(while overseas) or
contact nearest
embassy by
visiting:

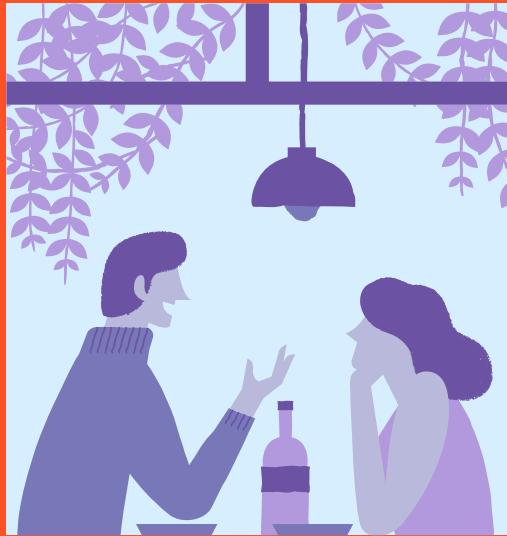
TRAVEL.STATE.GOV

STEP.STATE.GOV

TRAILBLAZER TRAVELZ

SOURCE: DOH.GOV.PH

Kindness Matters Therefore, Spread Kindness



Provide calm and correct advice to children

Share WHO information to manage anxieties

Regularly check in with people especially those affected

Encourage them to keep doing what they enjoy



