

# COVID-19:

If you are taking a holiday away from home in England this year, it's wise to take some extra precautions...



Don't travel if you're ill, or have any symptoms of COVID-19 (eg cough, high temperature, loss of smell or taste)



Reduce the number of times you need go shopping for essentials where you are staying



Take a first aid kit – it might take longer for emergency care to reach you if the NHS is stretched



If you take medicines prescribed by your doctor, make sure you have enough with you to last for your holiday



Pack any simple over-the-counter medicines that you might need (eg paracetamol, ibuprofen and anti-histamines, including children's versions if needed)



Keep handy a small bottle of liquid soap diluted with water that you can use to wipe surfaces down.



Travel as a 'bubble', ideally only with members of your own household, or those in your agreed 'social bubble'



Make sure you are contactable while you are away in case the NHS Test and Trace service needs to contact you



Have a plan for self-isolation if you, or anybody in your 'bubble', develops symptoms or are told to do so by the official NHS Test and Trace service. Remember, this is likely to need 14 days of self-isolation



Be aware that many beaches don't have lifeguards at the moment due to COVID-19 – don't swim if there's no lifeguard



Remember to wash your hands regularly, avoid touching your face



Wear a face covering whenever you are mixing with others outside your 'bubble', particularly when you are indoors

**ALWAYS OBSERVE PROPER SOCIAL DISTANCING**