**Acushnet Company**

**Coronavirus (COVID 19)**

**Travel Guidelines**

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**Essential Travel Guidelines for AC Associates**

You and your manager have determined that it is essential that you travel to a location that has been identified as having potential for your being exposed to COVID 19 virus.

Please find below critical guidelines to support your safe travel. As always, should you have any questions or concerns, please contact Acushnet Medical and Safety Department for additional support.

**Before travel:**

If possible, obtain a flu shot (influenza A-H3N2,influenza B/Victoria virus H3N2 &B). This is the current common flu shot available.

**Purchase:**

* Hand Sanitizer and wipes
* Lysol air spray (travel size)
* Lysol multipurpose disinfecting wipes
* Hand Lotion
* Band-Aids (cover hand cuts)
* Kleenex tissues

Also, pre-travel, please rest, exercise and hydrate to ensure maximal immune health.

**During Travel:**

* Avoid large group settings
* Avoid touching any surface
* After touching a surface, clean hands using soap and water or liquid hand sanitizer.
* When washing hands, do so to the full count of singing two rounds of  “Happy Birthday”
* Do Not Touch Your Face
* If you need to cough, sneeze or blow your nose, do so into a  Kleenex.

**After Travel:**

* Upon returning home, self-isolate for 4-14 days. (14 days if you have been in contact with an individual known to have the virus and/or in a restricted area with Level 3 USA State Department Travel Restrictions.
* If you have symptoms of the flu, monitor your temperature, contact your doctor and Acushnet Medical Services by telephone (508-979-3333).
* Self-quarantine at home for 14 days.
* Contact your doctor immediately or go to the nearest Emergency Room , if your condition rapidly deteriorates i.e., your temperature goes over 100.4 degrees F, or you have difficulty breathing, chest pain or abdominal pain.

*Created 3-2-2020*