

## Travelling with unvaccinated children and how to manage the risks

This is an uncertain time for many as the restrictions across the UK are eased and changed. After a very long challenging and unsettled 17 month families are keen to return to some sort of normality and part of this includes short breaks and holidays. The move to allow people who have had both vaccine take their children away on summer holidays would help boost the struggling tourism industry amid the coronavirus pandemic.

CDC (Centres for Diseases Control and Prevention) recommends delaying travel until you are able to get fully vaccinated. Therefore parents who have had both their jabs will be able to take unvaccinated children on holiday this summer. However there are some concerns around this. Will it be safe and where can we go are very common questions? The CDC offer the following tips and advice caution even though restrictions have eased

- “Wear a mask over your nose and mouth in public. Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
- Wash hands often or use hand sanitizer (with at least 60%) alcohol.

### Transportation

During car travel, making stops along the way for fuel food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently touched surfaces. If traveling in a larger vehicle you may have to stop less often for food or bathroom breaks, but you could still be in close contact with others while staying at camping sites overnight and while getting fuel and supplies.

Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet/2 meters of others, which may increase your risk of getting COVID-19. If you choose to travel by bus or train, learn what you can do to protect yourself on public transportation.

Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, keeping your distance is difficult on crowded flights, and sitting within 6 feet/2 meters of others, sometimes for hours, may make you more likely to get COVID-19.

Below are some tips from the CDC:

## Safer

- Short road trips with members of your household or fully vaccinated people with few stops along the way
- If you must fly, try to take flights with the fewest stops or layovers

## Less Safe

- Longer trips by car or RV with many stops along the way
- Trips by car or RV with people who are not vaccinated or not from your household
- Flights with stopovers

## Avoid

- Long-distance train or bus trips
- Traveling on a cruise ship or river boat

## Accommodations

Check your accommodations' COVID-19 prevention practices before you go.

## Safer

- Staying in a house (for example, a holiday rental) with people from your household or fully vaccinated people
- Visiting a fully vaccinated family member's or friend's home

## Less Safe

- Hotels or multi-unit guest lodgings with common areas (e.g., bed and breakfasts)
- Visiting an unvaccinated family member's or friend's home
- Renting or staying in a house (for example, a holiday rental) with people that are not vaccinated or not in your household

## Avoid

- Sharing spaces with many people or sharing bathroom facilities (for example, a dormitory-style hostel)

## Food

- Before dining at a restaurant, check the restaurant's COVID-19 prevention practices.

## Safer

- Bringing your own food and drinks.
- Getting takeout.
- Using drive-thru, delivery, and curbside pick-up options and wearing a mask when interacting with restaurant employees.

## Less Safe

- Eating outside at a restaurant where social distancing is possible and servers and other staff wear masks.
- Eating inside at a restaurant that is well ventilated, where social distancing is possible, servers and other restaurant staff wear masks, and diners wear masks when not actively eating or drinking.

## Avoid

- Eating inside restaurants that are poorly ventilated, where social distancing is not possible, servers and staff do not wear masks, and diners do not wear masks when not actively eating or drinking.
- Self-service options that require extensive touching of surfaces, such as buffets.”

*(Centres for Diseases Control and Prevention)*

## Do children need to be vaccinated or have a PCR test to travel? Holiday entry requirements for UK under-18s

Many Britons are desperate to go on holiday and as the rules keep changing it can be hard to keep track of what's required before heading abroad.

During the summer break many families will be interested to find out if their children require tests or the vaccine to travel to their favourite holiday destinations.

The vaccine is only available to over-18s, meaning travel with children could get complicated. However, by following the guidelines from the Government website wherever you are planning to go will give you the information you need. Do remember within the UK England, Wales, Ireland and Scotland will all having different regulations

The information from the various websites will help as will the guidance from the CDC

## How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited Counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation.

All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on **'Travelling with unvaccinated children'** this is being delivered live on **Thursday 26<sup>th</sup> August at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/1824965418681487374>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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