

<p>PACKING FOR TRAVEL</p> <p>With consult from your physician, pack a personal medical kit in your carry on that contains your prescription medication as well as common over the counter medication (<i>anti-fever, cold/flu medication, anti-diarrhea, etc</i>)</p> <p>*Check with GlobalDro to ensure medication is not on WADA on prohibited list</p> <p>Pack a personal hygiene kit in your carry on that contains hand sanitizer, sanitizing wipes, etc.</p>	<p>PRE FLIGHT</p> <p>Arrive at airport early to avoid larger crowds and line ups</p> <p>Avoid touching your face during high traffic processes (<i>ie check-in, security and boarding</i>)</p> <p>Be diligent with hand washing/sanitizing after touching high traffic items (<i>ie touch screens, security item boxes</i>)</p> <p>Avoid large crowds or line ups</p> <p>Be early in line up for boarding</p> <p>Be aware of your surroundings</p>	<p>AT THE EVENT</p> <p>Avoid large crowds or social gatherings</p> <p>Avoid eating at host functions (<i>ie athlete dinners</i>)</p> <p>Arrive last and leave first from briefings or meetings</p> <p>Be diligent with hand washing or sanitizing</p> <p>Use common sense or discretion with customary greetings (<i>ie if someone looks ill do not shake hands</i>)</p> <p>Do not share personal items (<i>ie water bottles, goggles, food etc</i>)</p> <p>Be aware of your</p>	<p>IF YOU FEEL ILL</p> <p>Signs and Symptoms</p> <ul style="list-style-type: none"> • Similar to Upper Respiratory Tract Infections (URTI) • Fever, dry cough, and difficulty breathing are most common <p><small>*Source from Canadian Government</small></p> <p>Actions</p> <ul style="list-style-type: none"> • Avoid others and self isolate • Manage medication with advice from physician • Cough or sneeze into sleeve or face coverings • Wash and sanitize hands diligently • Contact your physician <p>Emergency</p> <ul style="list-style-type: none"> • Contact local authorities • Contact home physician • Contact Canadian Embassy or Consulate
<p>PLANNING TRAVEL</p> <p>Confirm global travel bans with IATA prior to booking</p> <p>Avoid connections through high risk cities/hubs</p> <p>Avoid booking host hotels</p> <p>Confirm your travel insurance</p> <p>Know the location of the Canadian Embassy or Consulates in the country you are visiting</p> <p>Register your travel with Canada</p>	<p>DURING FLIGHT</p> <p>Clean your seat area with sanitizing wipes (<i>ie touch screen, handles, buttons, window etc</i>)</p> <p>Keep your air circulation vent on for the entirety of the flight.</p> <p>Avoid touching surfaces when eating</p> <p>Wash/sanitize hands frequently</p> <p>Minimize walking around the plane</p> <p>Do not store your belongings in the seatback pocket</p>		