



NALMCO
THE STANDARD FOR LIGHTING MANAGEMENT QUALITY SINCE 1952

MEET WELL TRAVEL AND HEALTH SAFETY TIPS

NALMCO Cares. Your health and safety at its meetings and events is a top priority.

This information is not intended to be a comprehensive guide for your travel and meeting attendance, however we wanted to offer some practical tips and information to assist you in staying healthy and safe.

As always, please use common sense and good judgement when traveling and attending meetings and events and rely only on trusted sources for information.

Always:

1. [Practice good hygiene.](#)

Before you travel:

1. Check both the [World Health Organization \(WHO\)](#) and [Centers for Disease Control \(CDC\)](#) for health and travel advisories in your area and the area in which you are traveling. It's possible that the state may have regulations like mask wearing in public.
2. Know your health status and the health status of those you spend your time with. Should you be traveling? [Review the CDC's advice here.](#)
3. Review and understand cancellation policies for airlines, hotels, meeting registration and any other purchases you make as you plan your meeting attendance.
4. Locate the nearest health care facilities and pharmacy to the event location. Is it adequate for your health care needs? Are they covered by your health care insurance?
5. Learn/practice self-defense.
6. If you're not feeling well or have been in contact with someone who has been diagnosed with a communicable disease (such as COVID or the flu) within 14 days of travel, consider staying home. You don't want to get sick at the event and not be able to travel home.

Prep for travel:

1. Have list of medications and medical issues.
2. Purchase and pack hand sanitizer, sanitizing wipes/spray, disposable masks, and any other health safety items you feel you need.
3. Share your itinerary.
4. Keep an eye on the weather forecast and watch the local news.
5. Write down emergency information.

As you travel:

1. Be on the lookout for travel scams. If it's free, unsolicited or just doesn't feel right, don't do it.
2. Take care in choosing ground transportation.
3. Wear safety belts in the air and when using ground transportation.
4. Wear your mask when needed and wash/sanitize hands often.

Onsite:

1. Take pictures of and Lock up valuables.
2. Stay alert.
3. Review and walk hotel evacuation route.
4. Choose a consistent place to keep your extra room key card and phone.
5. Buddy up. Have someone who knows what you're doing/where you're going at all times.
6. Wear your mask when needed and wash/sanitize hands often.