Travelling
WITH CHILDREN

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As our borders gradually begin to open, leisure travel is becoming a real prospect to the travel-starved masses.

But **for families with young children** – many of whom may still be unvaccinated – some **extra precautions** should be taken.

Before
the trip:

- ☑ **Read up on the COVID-19 situation** in the destination country.

- ☑ **Check COVID-19 restrictions** and regulations in the destination country.

- ☑ **Ensure adequate travel insurance** to cover the costs of COVID-19-related medical treatment and delayed travel.

- ☑ **For children above six months old**, get them **vaccinated against influenza**, which causes symptoms similar to COVID-19.

- ☑ **Pack supplies** that may not be easily available overseas (*e.g. face masks, hand sanitiser, alcohol wipes*).

- ☑ **Pack essential medical supplies** (*e.g. paracetamol, antihistamines, thermometer, oximeter*).

- ☑ Be aware of how to **access local healthcare services** (*e.g. the clinic or emergency department*) should anyone fall sick.

- ☑ **Draw up contingency plans** (*e.g. what to do and where to stay*) in case the trip has to be extended, if someone develops COVID-19 infection and cannot take a return flight.

- ☑ **Prepare documentation** of vaccination status for each traveller.

- ☑ **Find out** where and how to get your **pre-departure swab** before the return flight to Singapore.

- ☑ For children in school, parents and caregivers may need to **notify the school of their overseas travel plans** during the school holidays.

During
the trip:

- ☑ **Practice** appropriate **hand hygiene** and **mask-wearing**.

- ☑ **Avoid large crowds**, especially indoors.

After
the trip:

- ☑ **Monitor** for symptoms.

- ☑ If possible, **avoid frequent social mixing for 7-10 days** after returning home.