

## TIPS FOR HEALTH AND SAFETY TRAVELING TO MACARONIS RESORT

It is important to be aware of your safety and hygiene while traveling through airports and public areas that could pose a risk of exposure to infection of COVID-19. Indonesia has now surpassed China in the number of recorded cases, which goes to show the potential risk of infection currently in Indonesia.

Apart from taking care of your own health, our staff have been isolated for 3 months during the pandemic, and we want to make sure that all persons visiting our island have taken precautions to ensure they are healthy and to minimize the risks of spreading infection.

Of course, it is not just our staff, it is also the local villages we need to think about, where vulnerable communities reside, so we must all be responsible to make sure we do the right thing in preventing the spread of infection to these remote communities. This is especially considering the limited medical resources in the Mentawai islands, and the elderly villagers that could be at risk.

We'd like to thank all visitors for taking a PCR test, which is a pre-requisite of the Mentawai Government Tourism Department to visit Hotels / Resorts / Home-stay.

Refer to Circular Letter No. 5561/22/Disparpora [PAGE 1](#), [PAGE 2](#) / [ENGLISH](#)

A PCR test is currently the most reliable method of testing, but this of course does not prevent you becoming infected during travel. So we'd like to take this opportunity to provide some precautions that you should take while traveling to ensure you are carrying out best practices to remain safe and healthy and to avoid being exposed.

While traveling and in transit, remember that being within 6 feet of others increases your chances of being infected and infecting others.

### **Protect yourself and others during your trip by:**

- Cleaning your hands often.
  - [Washing your hands](#) with soap and water for at least 20 seconds after you have been in a public place, after touching surfaces frequently touched by others, before and after blowing your nose, coughing, or sneezing, and before touching your face or eating.
  - Please remember to bring along and use hand sanitizer, for when soap and water is not available, that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
  - Keep 6 feet of physical distance from others.
- [Wear a face mask in public](#) - especially in airports while traveling. The N95 mask is recommended.

- Cover coughs and sneezes and regularly use hand sanitizer.

## Considerations for Types of Travel

Travel increases your chances of being exposed and spreading COVID-19. In airports and transit areas travelers can be exposed to the virus in the air and on surfaces. These are places where it can be hard to [social distance](#) (keep 6 feet apart from other people).

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, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

When traveling by road, making stops along the way in a bus or car for food or supplies can also put you and your traveling companions in close contact with other people and surfaces.

Learn more about how to protect yourself from COVID-19 on different types of transportation on CDC's website [Protect Yourself When Using Transportation](#).

## Anticipate Travel Needs

- Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy to reach.
- Bring a cloth face mask to wear in public places.
- Prepare food and water for your trip so you don't need to buy it. Pack non-perishable food in case restaurants and stores are closed.
- Take steps to protect yourself from COVID-19 when [booking accommodations or planning an overnight stay](#).
- If you are considering cleaning your travel lodgings, see CDC's guidance on how to [clean and disinfect](#).

## State and Local Travel Restrictions

For up-to-date information and travel guidance, check state or local health departments where you are, along your route, and where you are traveling to. While you are traveling, it is possible a state or local government may put into place travel restrictions or mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates before and during travel.