

**PSA #1: Travel during the COVID-19 Pandemic (30 seconds)**

This is a message from the Centers for Disease Control and Prevention. Travel increases your chance of getting and spreading COVID-19. Take steps to protect yourself and others:

- Don't travel while sick;
- Avoid contact with anyone who is sick;
- Wear a mask;
- Avoid close contact by staying at least 6 feet from others;
- Wash your hands often or use hand sanitizer;
- Avoid touching your eyes, nose, and mouth; and
- Watch your health.

To learn more, visit [cdc dot gov slash COVID19](https://www.cdc.gov/COVID19).