

TOP 10 HOLIDAY TRAVEL TIPS

Millions of Americans will take to the skies, rails or highways to visit their loved ones over the upcoming holiday. With snow and sleet predicted for many parts of the country this weekend, the American Red Cross offers these travel tips to help holiday travelers arrive safely at their destination:

PLANES & TRAINS

1. It's flu season. If you've been sick or been in contact with someone who is sick, consider postponing your trip. You could be contagious for a week before symptoms appear.
2. Remember that everything you touch has to be touched by someone else – luggage handlers, etc. Handle your own belongings as much as possible. Wash your hands often with soap and water.
3. Carry hand sanitizer and anti-bacterial wipes with you. You can use them to wash your hands or wipe down surfaces such as armrests.
4. Bring your own pillows and blankets – they can act as a shield against the seat itself.
5. Avoid touching your face or eyes. If you have to cough or sneeze, do so into a tissue or your sleeve.



AUTOMOBILES

1. Make sure your vehicle is in good working order. Fill your gas tank, check the air pressure in your tires and make sure you have windshield fluid.
2. Buckle up, slow down, don't drink and drive.
3. Avoid distractions such as cell phones – don't text and drive.
4. Make frequent stops on long trips. If you're too tired to drive, stop and rest.
5. If you have car trouble, pull off the road as far as possible.



BONUS TIP

Download the American Red Cross First Aid App. The app provides users with quick, expert advice on what to do in case of an emergency. This free app is available on the [Apple iTunes](#) or [Google Play](#) stores. See all Red Cross apps at redcross.org/mobileapps.