



Covid-19: Health and Safety Guidance for Flight and Cabin Crew Members

COVID-19
UPDATES

The U.S. Department of Transportation, Federal Aviation Administration (FAA) and the Centers for Disease Control (CDC) released [Safety Alert for Operators \(SAFO\) 20003](#)¹ on March 12, 2020 and recommended that all U.S.-based air carriers and crewmembers and non-U.S.-based crewmembers on passenger and cargo flights with a U.S. nexus use these guidelines.

Guidance for U.S.-Based Flight and Cabin Crews on Passenger or Cargo Flights

Crew members who are on layovers internationally or in the United States should stay in their hotel rooms to the extent possible, limit their activities in public, and practice social distancing. Social distancing means avoiding crowded places, not going to mass gatherings, and, generally staying about 6 feet (2 meters) from others, when possible. This recommendation is made because COVID-19 is spreading in many countries around the world and also in the United States.

Crew members should also pay attention to their health at all times and remain in communication with their employer's occupational health program. If they develop fever, cough, or difficulty breathing, crew members should immediately self-isolate and be excluded from work on flights until cleared by public health authorities. Crew members with high-risk exposures to COVID-19 (defined as exposure to a sick household member or intimate partner, or providing care in a household to a person with a confirmed case of COVID-19) may also need to be excluded from work until no longer at risk for becoming infectious.

While on a layover in the United States or internationally:

- ➔ ***Travel as a group*** in private transport provided by the air carrier when traveling between the airport and hotel.
 - ❖ Minimize contact with ground personnel and time in public areas while moving between the aircraft and the private transport.
 - ❖ Do not use public transportation, including when traveling between the airport and hotel.
- ➔ ***Stay in your hotel*** room to the extent possible.
- ➔ ***Minimize going out into the general population*** and use social distancing (maintain a distance of approximately 6 feet, if possible) whenever out in public. Avoid crowds, stores, sporting or mass entertainment events, and other situations likely to attract large numbers of people.

¹ U.S. DOT, FAA SAFO 2003, 3/12/2020;

https://www.faa.gov/other_visit/aviation_industry/airline_operators/airline_safety/safo/all_safos/media/2020/SAFO20003.pdf

- ***Eat in your hotel room*** with either room service or delivery service. If in-room dining options are not available, eat at a restaurant located in the hotel. If not available at the hotel, eat at a restaurant located close to the hotel.
- ***Avoid contact with sick people.***
- ***Wash your hands*** often with soap and water for at least 20 seconds or use at least a 60% alcohol-based hand sanitizer. Use soap and water when your hands are visibly soiled.
- ***Avoid touching your face.***

While at your U.S. residence or home base:

- ***Be aware of the risk*** of COVID-19 in your local community.
- ***Follow guidance*** of your ***state*** or local ***health department***.
- ***Avoid crowded places*** and use social distancing.
- Avoid contact with sick people.
- If you become sick, or have had a high-risk exposure to COVID-19, ***follow the guidance*** applicable to those situations in the ***Monitor your health before, during, and after travel*** section of this document, below.

Monitor your health before, during, and after travel:

- ***Know how to contact the state or local health department*** for your residence.
- ***Monitor your health condition***, following the guidance provided by your employer's occupational health program.
 - ❖ During periods when you are working, ***take your temperature*** twice a day (morning and evening). ***Monitor yourself for fever, cough, or difficulty breathing.***
 - Fever means feeling feverish OR having a measured temperature of 100.4 degrees F (38 degrees C) or higher.
 - ❖ At all other times, pay attention to your health. If you feel feverish or develop a cough or difficulty breathing, take your temperature.
 - ❖ Your ***employer's occupational health program also is recommended to check in with you*** periodically to make sure you are well.
- If you develop fever, cough, or difficulty breathing:
 - ❖ ***Stay home or in your hotel room*** and avoid contact with others.
 - ❖ Immediately ***report your symptoms to your employer's*** occupational health program.
 - ***Seek occupational health clearance before working your next flight segment.*** You or your employer's occupational health program should also get clearance from public health officials before you return to work.

- ❖ If symptoms occur during flight, ***separate yourself from others*** following CDC's guidance, to the extent possible.
 - ❖ If you are at your residence, ***call your state or local health department or a doctor for medical advice*** before seeking care. Tell them your symptoms and that you work as a crewmember for an air carrier.
 - ❖ If you are ***in the United States, your employer's occupational health program should notify the state or local health department where you are located*** at the time. If you are at an international location, your employer should notify the public health authority for that location and help you get health care, as needed.
 - ❖ Your ***employer should also notify CDC*** if you worked one or more flight segments while symptomatic.
 - ❖ If you are sick, ***do not travel via jump seat, deadheading, or as a regular passenger.***
 - ❖ ***Wash your hands*** frequently and use hand sanitizers.
- ➔ ***Notify your employer's occupational health program if you have a high-risk exposure to COVID19***, for example, if a member of your household is sick with COVID-19.

Your employer's occupational health program ***may choose to exceed these recommendations*** based on their own policies.

For more information: See the FAA's [SAFO Alert 20003](#)