

29 Sep 2020

COVID-19 reminder

Increases in COVID-19 cases in young people travelling to Europe

Early autumn is a popular time for groups to travel to European tourist resorts to enjoy the good weather and nightlife.

Following relaxation of strict distancing measures, COVID-19 cases involving young people who attended late-night leisure venues and outdoor activities have been reported in Europe [1, 2]. Raising voices to be heard over loud music, often associated with alcohol intake, and relaxation of physical distancing may be associated with increased aerosol and droplet transmission [2, 3].

Accommodation, bars, clubs and other social venues may be crowded, with groups often mixing closely with others and not adhering to local distancing recommendations. COVID-19 can easily be transmitted in these situations.

Whilst COVID-19 infection is often a mild illness in young people it can cause serious illness, particularly in those who already have health problems e.g. severe asthma or immunosuppression [4]. There is also a risk of onward COVID-19 transmission affecting other vulnerable individuals in the resort or on return home. An increase in case numbers can also lead to introduction of local restrictions such as local lockdowns and/or [quarantine](#) requirements introduced for travellers at short notice.

Advice for travellers

Reduce your risk of COVID-19 transmission:

- Do not travel if you have [COVID-19 symptoms or are self isolating because you are a contact of a case](#).
- Wear a face covering and follow social distancing rules during travel.
- Follow local COVID-19 related restrictions, such as not attending live events or visiting crowded bars and clubs where social distancing guidance is not followed.
- Limit groups and numbers of people you meet.
- Wash hands regularly or use hand sanitiser.
- Try to moderate your alcohol intake.
- Look after your friends on evenings out.

See further [general COVID-19 advice for travellers](#) on our website and remember to get comprehensive [travel insurance](#) before you go.

If you develop symptoms abroad, stay indoors and avoid contact with other people, as you would with flu. Ring your health provider/ insurance company to discuss what to do and follow local public health guidance.

Make sure you read the [guidance on entering the UK from GOV.UK](#). Circumstances can change very quickly, so check the status of your holiday destination on the [‘travel corridor’ list](#), as self-isolation rules may have changed.

Resources

- [Country Information](#)
- [Foreign, Commonwealth & Development Office: Foreign travel advice](#)
- [UK Government: Entering the UK](#)

References

1. [European Centre for Disease Prevention and Control. Rapid Risk Assessment: Coronavirus disease 2019 \(COVID-19\) in the EU/EEA and the UK - twelfth update: resurgence of cases. 24 September 2020. \[Accessed 29 September 2020\]](#)
2. [European Centre for Disease Prevention and Control. Rapid Risk Assessment: Coronavirus disease 2019 \(COVID-19\) in the EU/EEA and the UK - eleventh update: resurgence of cases. 10 August 2020. \[Accessed 29 September 2020\]](#)
3. [New and Emerging Respiratory Virus Threats Advisory Group \(NERVTAG\) Assessment of transmission of COVID-19 in singing and music events. 2020. \[Accessed 29 September 2020\]](#)
4. [Public Health England. COVID-19: guidance for young people on shielding and protecting people most likely to become unwell if they catch coronavirus. Last updated 4 September 2020. \[Accessed 29 September 2020\]](#)