

COVID 19 RISK MITIGATION & CONTINGENCY PLANNING GUIDE

To be completed by Individual Travelers or Group Leaders as part of confirming their travel through BKB

Action Steps:

- Individual Traveler or Group Leader creates a 'Risk Mitigation & Contingency Plan' outlining their strategy for traveling safely and dealing with unexpected COVID-19 related events.
- Plan is submitted for review by BKB-SPAS & BKB-DIRA by email to begakwabega@spas-elca.org.
 - If approved, the BKB Travel Team will assist with reservations and confirming your trip.
 - a. If the plan needs revision, suggested modifications will be provided.

A Risk Mitigation & Contingency Plan should address and include the following items:

- **Basic Information**
 - Individual/Group Name
 - Number of Travelers
 - Age Range of Travelers
 - Proposed Dates of Travel
 - Tentative plan (e.g. 'Visit Partner Congregation' or 'Check on Well Project')
- **ENTRY/EXIT/TRANSIT REQUIREMENTS**
 - How do you plan to meet the border control requirements for Tanzania, the United States, and (if applicable) the countries you intend to transit through?
 - See US Department of State and CDC websites for current guidance:
 - <https://travel.state.gov/content/travel.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>
- **RISK MITIGATION**
 - What will you do to reduce the risk of transmitting (spreading or receiving) COVID-19...
 - Prior to travel?
 - During international transit?
 - While using ground transportation?
 - When making room arrangements?
 - When interacting with companions in Iringa – including village visits, etc?
 - Upon returning home?
 - How will you screen for or tend to health concerns that increase risk of severe infection?
- **CONTINGENCY PLANNING**
 - What will you do when one or more travelers tests positive for COVID-19...
 - Prior to departure for Tanzania?
 - Upon arrival at the airport in Dar es Salaam?
 - While in Iringa?
 - Prior to departure for the United States?

BEGA KWA BEGA - SPAS RECOMMENDATIONS

As travel resumes while the pandemic continues, situations and requirements can change quickly. As restrictions on entry and exit requirements ease, the burden of risk assessment lands more on the individual. From a place of Christian love and concern for our neighbor, Bega Kwa Bega expects its travelers to be fully vaccinated and boosted, and to use appropriate caution at all times.

- Particularly if you are an older traveler, ask your health care provider whether it's possible to carry a course of PAXLOVID, since the antiviral medication may not be available in Tanzania.
- Consider using a travel agent to make your flight arrangements, so that if you need to change flights you have the resources of a professional available.
- Carry COVID test kits so that you can be sure you are COVID negative before moving into a new location or before attending a large or indoor event. Test at the sign of even mild symptoms. Test randomly throughout your trip in order to catch asymptomatic cases.
- To avoid bringing COVID to Tanzania, isolate for five days prior to travel, or mask and distance as much as possible. Use a tight fitting KN95 mask during travel.
- If you test positive during your trip, please quarantine for five days. The BKB Program Coordinators can assist in finding an appropriate place to quarantine.