

COVID-19

safer travel



The following are **important considerations** for anyone considering travel during the pandemic, from the Centers for Disease Control and Prevention (CDC).

Note the following is current as of 2/16/2021 and recommendations change. **Check travel requirements while planning, before leaving, and before returning.*

BEFORE TRAVEL

According to the CDC, travel increases your chance of getting and spreading COVID-19 and travel is not recommended at this time. If you must or choose to travel, the following considerations are offered:

- 7-10 days before travel, reduce your exposure to others outside your household.
- Consider getting tested 1-3 days before you travel.
- State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and **quarantine** requirements upon arrival. For up-to-date information and travel guidance, check the **state or territorial and local** health department where you are, along your route, and where you are going.
- It is not necessarily where you travel but *how* you travel and what you do on your travels. Consideration for types of travel can be found by visiting the **CDC website**.
- Anyone considering traveling should have alternate plans in case they need to cancel their trip, prolong their trip due to illness, isolation, or quarantine while away, and consider the potential for unexpected time off work, school, and financial costs.

BEFORE TRAVEL

- Do not travel if you were **exposed to** COVID-19, **you are sick**, or **you have tested positive** for COVID-19. Learn when it is **safe for you to travel**.
- Get vaccinated as soon as you are eligible. Wait 2 weeks after getting your second vaccine dose to travel; it takes time for your body to build protection after any vaccination.

DURING TRAVEL

- **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
- Avoid crowds as much as possible, indoors and outdoors.
- Wash your hands frequently especially before eating and after being in public areas.
- Bring extra supplies of masks and hand sanitizer.
- Cook or bring your own food, get carryout, or eat outdoors where you can maintain distance from others.
- Consider staying separately from other households rather than staying with friends or family. Practice the same safer gathering practices you would at home.
- All air passengers coming into the United States from international travel, including U.S. citizens, are **required** to get tested no more than 3 days before you travel by air into the United States. You must show your negative results to the airline before boarding or be prepared to show documentation of recovery (proof of a recent positive viral test and a letter from your healthcare provider or a public health official stating that you were cleared to travel).

AFTER TRAVEL

- **Get tested** 3–5 days after travel and stay home and self-quarantine for 7 days after travel, as you are able.
 - Even if you test negative, it's safest to stay home and self-quarantine for the full 7 days.
 - If your test is positive, **isolate** yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at **increased risk for severe illness** for 14 days, whether you get tested or not.
- Always wear a mask in public.
- If you develop symptoms get tested and stay at home.

Requirements and travel restrictions can and do change often. Frequently asked questions and answers from the CDC are **available here**. Updates to travel guidance could occur while you are travelling and impact your travel plans and ability to return. You should monitor the CDC travel guidelines before, during and ahead of returning home.

