COVID Travel Safety

To keep yourself healthy and reduce the risk of spreading COVID-19, traveling and gathering with individuals outside of your household is not recommended at this time.

If you do need to travel, there are some things you should know in order to travel as safely as possible.

Before You Go:

- Research any travel restrictions, including testing or quarantine requirements, for your destination.
- Get tested for COVID-19 1-3 days before you leave. Keep a copy of your negative results with you. Do not travel if you test positive.
- Consider whether you or anyone you plan to travel with have been exposed to someone with COVID-19 or are experiencing symptoms.
    - If you are exposed to someone with COVID-19 in the 14 days before travel, do **NOT** travel; stay home and monitor yourself for symptoms. Seek testing if symptoms develop or as recommended by your healthcare provider.
    - If you have travel plans but develop COVID-19 symptoms prior to leaving, do **NOT** travel; stay home and seek COVID-19 testing and/or contact your healthcare provider.
    - If you have travel plans but test positive for COVID-19 prior to leaving, do **NOT** travel; stay home and follow all isolation guidelines.

While Traveling:

- Wearing a mask to cover your mouth and nose is required on airplanes, buses, trains, and any other form of public transportation, including inside airports and train/bus stations.
- Keep 6ft of distance between yourself and anyone outside of your household.
- Avoid crowded areas or large gatherings.
- Wash or sanitize your hands frequently, including before and after eating or using the restroom or other public facilities, and after coughing, sneezing, or using a tissue.

After Arriving at your Destination:

- Continue to follow all of the 'While Traveling' recommendations.
- If you travel and develop COVID-19 symptoms after leaving home, seek testing as soon as possible on arrival, and isolate in your hotel or housing accommodations while you wait for results.
- If you travel and test positive for COVID-19 after leaving home, isolate in your hotel or housing accommodations and follow all isolation guidelines. Do not attempt to travel until you have finished your isolation period and are no longer infectious.

Returning Home

- If you have left the country and are flying back into the U.S., you will be required to have a recent negative COVID-19t test result or documented history of COVID-19 in the past 90 days to re-enter the U.S.

- Get tested 3-5 days after you arrive home. Stay home from work or school and self-quarantine for 7 days after travel, even if you test negative. Self-quarantine for 10 days after travel if you chose not to get tested.

For more information, check out the CDC's Travel During COVID-19 recommendations at
https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html