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## PERSONAL HEALTH DIVISION

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For Immediate Release

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### Spring break travelers reminded of COVID safety precautions *Suggested steps before and after travel*

As many of us start making our spring break travel plans, the Benzie-Leelanau District Health Department reminds us to pack COVID-19 safety tips along with our beach towels, swimsuits, and sun block – or whatever vacation needs you may be packing in your suitcase.

Whether you're traveling on a [cruise ship](#), traveling in the [United States](#), or [traveling internationally](#), the Centers for Disease Control and Prevention (CDC) has tools and resources to make your trip as safe and healthy as possible. In addition, the CDC offers details about travel requirements in your destination, mask requirements, vaccine requirements and more at its [website](#).

The CDC's new [COVID-19 Community Levels](#) recommendations do not change current travel requirements, including the requirement to wear masks on public transportation and indoors in U.S. transportation hubs such as airports.

"Travelers should heed safety guidelines before they leave on a trip and upon returning home," said Lisa Peacock, Health Officer with the Benzie-Leelanau District Health Department. "Taking precautions will help assure you are healthy to travel, stay well during your vacation, and return in good health to share stories about your adventures with family and friends. Testing is widely available in most areas with quick turnaround time to meet any requirements you may encounter and is also a tool you can use after vacation to assure you have returned healthy!" she added.

The health department offers [convenient COVID-19 vaccination clinics](#) across its two-county region of Benzie and Leelanau counties. In addition, the health department has [testing clinics](#) with quick turnaround results so there is no interruption to your travel plans. No symptoms or doctor's order is necessary. All ages are welcome and no appointment is needed, although pre-registration via [this link](#), will save time at the testing location.

#### Do NOT travel if...

- You are [sick](#), even if you recovered from COVID-19 within the past 90 days or are up to date with your COVID-19 vaccines.
- You [tested positive](#) for COVID-19.
  - Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no [symptoms](#).
- You are waiting for the results of a COVID-19 test.
- You had close contact with a person with COVID-19 and **are recommended** to [quarantine](#).
  - Do not travel until a full 5 days after your last close contact with the person with COVID-19. It is best to avoid travel for a full 10 days after your last exposure.
  - If you must travel during days 6 through 10 after your last exposure:
    - [Get tested](#) at least 5 days after your last close contact. Make sure your test result is negative and you remain without [symptoms](#) before traveling. If you don't get tested, avoid travel until a full 10 days after your last close contact with a person with COVID-19.
    - Properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during days 6 through 10. If you are unable to wear a mask, you should not travel during days 6 through 10.

**If you had close contact with a person with COVID-19 but are NOT recommended to [quarantine...](#)**

- [Get tested](#) at least 5 days after your last close contact. Make sure your test result is negative and you remain without [symptoms](#) before traveling.
  - If you had confirmed COVID-19 within the past 90 days, you do NOT need to get tested, but you should still follow all other recommendations (including if you develop COVID-19 symptoms).
- If you travel during the 10 days after your last exposure, properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.

Stay up to date on the latest information in the Benzie-Leelanau District Health Department jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#). For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

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