

TRAVEL CONSIDERATIONS

If you travel during the COVID-19 pandemic:

ROAD TRAVEL:

- Find out if there are restrictions on movement, such as stay-at-home or shelter-in-place orders, mandated self-quarantines upon arrival, or border closures in place along your route & at your destination.
- Take these steps to protect yourself & others from COVID-19 during your trip:
 - Wash your hands often
 - Avoid close contact with others
 - Wear a mask in public
 - Cover coughs and sneezes
 - Pick up food at drive-throughs, curbside restaurant service, or stores
 - Avoid touching your eyes, nose, and mouth

AIRPLANE TRAVEL:

- If you are traveling on an airplane, take steps to help prevent COVID-19. Avoid close contact with others, wear a mask, and wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

RESOURCES:

[CDC Travel Guidance](#)
[COVIDACTNOW](#)

[CDC Know Your Travel Risk](#)




High Risk Activities:

Here are examples of activities and situations that can increase your risk of exposure to COVID-19:

- Being in an area that is experiencing high levels of COVID-19. You can check states, counties, and cities to determine if these areas are experiencing high levels of COVID-19. Information on the number of cases in an area can be found on the area's health department website, [COVIDACTNOW](#), and [CDC Travel Recommendations by Destination](#).
- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds — for example, in restaurants, bars, airports, bus and train stations, or movie theaters.

If you participated in higher risk activities or think that you may have been exposed before or during your trip, take extra precautions (in addition the ones listed above) to protect others for 14 days after you arrive:

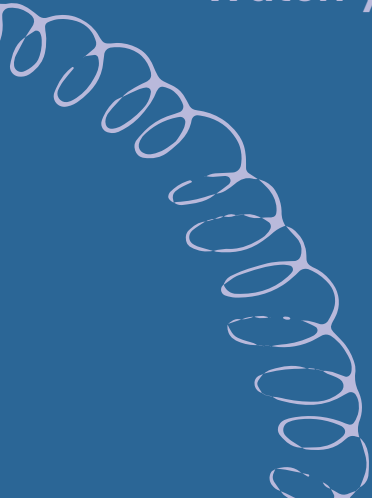
- Stay home as much as possible.
 - Avoid being around people at increased risk for severe illness from COVID-19.
 - Consider getting tested for COVID-19.
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After You Travel:

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including children) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus.

Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting sick after you return:

- When around others, stay at least 6 feet (about 2 arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
 - Wear a mask to keep your nose and mouth covered when you are outside of your home.
 - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
 - Watch your health and monitor for symptoms of COVID-19.
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