# Travel During COVID-19

Updated Feb. 16, 2021

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<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

## New Travel Requirements:

## All air passengers coming to the United States, including U.S. citizens, are **required** to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. See the Frequently Asked Questions at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html> for more information.

## 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.

## COVID-19 Alert: Cases are Extremely High. Avoid Travel

## Travel increases your chance of getting and spreading COVID-19. CDC recommends that you do not travel at this time. **Delay travel and stay home to protect yourself and others from COVID-19.**

## COVID-19 cases, hospitalizations, and deaths are extremely high across the United States. Wear a mask, stay at least 6 feet/2 meters apart, avoid crowds, and wash your hands often. The more steps you take, the more you and others around you are protected against COVID-19. View cases in the U.S. and cases by state on CDC’s COVID Data Tracker.

## You and your travel companions (including children) may feel well and not have any symptoms, **but you can still spread COVID-19 to family, friends, and community during and after travel**. Check your state, territorial, or local health department for information about local quarantine requirements.

## **Do NOT travel if you** **were** exposedto COVID-19, you are sick, or you have tested positive for COVID-19. Learn when it is safe for you to travel. Don’t travel with someone who is sick.

## Before You Consider Traveling

## Travel increases your chance of spreading and getting COVID-19. CDC recommends that you do not travel at this time. **Delay travel and stay home to protect yourself and others from COVID-19.**

## If you **must** travel, here are some important questions to ask yourself and your loved ones beforehand. [[\*sk1\*]]

• Are you, someone in your household, or someone you will be visiting at increased risk for getting very sick from COVID-19? If you get infected you can spread the virus to loved ones during travel and when you return, even if you don’t have symptoms. If your household includes one or more individuals at increased risk for severe illness, **all family members should act as if they, themselves are at increased risk**. Learn how to protect yourself and others.

• Are hospitals in your community or your destination overwhelmed with patients who have COVID-19? To find out, check state, territorial, and local public health department websites.

• Does your home or destination have requirements or restrictions for travelers? Check state, territorial, and local requirements before you travel.

• During the 14 days before your travel, have you or those you are visiting had close contact with people they don’t live with? The following activities can put you at higher risk for COVID-19:

\_ 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 like in restaurants, bars, fitness centers, or movie theaters.

\_ Taking public transportation like planes, trains, or buses, or being in transportation hubs like airports.

\_ Traveling on a cruise ship or river boat.

 • Do your plans include traveling by bus, train, or air which might make staying 6 feet apart difficult?

• Are you traveling with people who don’t live with you?

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If the answer to any of these questions is “yes,” you should delay your travel.

## If You Must Travel

If you **must** travel, take these steps to protect yourself and others from COVID-19:

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• If you are eligible, get fully vaccinated for COVID-19. Wait 2 weeks after getting your second vaccine dose to travel—it takes time for your body to build protection after any vaccination.

• Get tested with a viral test 1-3 days before you travel. Keep a copy of your test results with you during travel in case you are asked for them. Do NOT travel if you test positive.

• Check travel restrictions before you go.

• Wear a mask over your nose and mouth when in public settings**.** 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 and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you. It’s important to do this everywhere — both indoors and outdoors.

• Wash your hands often or use hand sanitizer (with at least 60% alcohol).

• Bring extra supplies, such as masks and hand sanitizer.

• Avoid contact with anyone who is sick.

• Avoid touching your eyes, nose, and mouth.

**Do NOT travel if you were** exposed to COVID-19, you are sick or you test positive for COVID-19. Learn when it is safe for you to travel. Don’t travel with someone who is sick.

## Get Tested Before and After Travel

• If you are traveling, get tested with a viral test 1-3 days before your trip. Make sure you have the results of your negative test before you travel. Keep a copy of your results with you during travel; you might be asked for them.

• **Do not travel if you test positive**; immediately isolate yourself, and follow public health recommendations.

• Get tested again with a viral test 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don’t get tested, stay home and self-quarantine for 10 days after travel.

• You may have been exposed to COVID-19 on your travels. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting COVID-19 after travel:

\_ Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you. It’s important to do this everywhere — both indoors and outdoors. Wear a mask over your nose and mouth when in public settings. 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.

\_ If there are people in the household who did not travel with you, wear a mask in shared spaces inside your home for 14 days after travel.

\_ Wash your hands often or use hand sanitizer with at least 60% alcohol.

\_ Avoid being around people who are at increased risk for severe illness.

\_ Watch your health: Look for symptoms of COVID-19.

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Traveling Internationally? All air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. See the Frequently Asked Questions for more information.

Check CDC’s COVID-19 Travel Recommendations by Destination before planning your trip.

## Check Travel Restrictions

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. Prepare to be flexible during your trip as restrictions and policies may change during your travel. Follow all state, local, and territorial travel restrictions.

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If traveling by air, check if your airline requires any health information, testing, or other documents. Local policies at your destination may require you to be tested for COVID-19. If you test positive on arrival, you may be required to isolate for a period of time.

**All air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight to the United States. See the** Frequently Asked Questions **for more information.**

## 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 still spread the virus to others. **You and your travel companions (including** children**) may pose a risk to your family, friends, and community after your travel.**

Get Tested and Stay Home After Travel[[\*sk1\*]]

• Get tested with a viral test 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.

\_ Even if you test negative, 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, 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.

Follow all state and local recommendations or requirements after travel.

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Also take these actions after you return from travel to protect others from getting COVID-19:

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• Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you. It’s important to do this everywhere — both indoors and outdoors.

• Wear a mask over your nose and mouth when in public settings. 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.

• If there are people in the household who did not travel with you, wear a mask and ask everyone in the household to wear masks in shared spaces inside your home for 14 days after travel.

• Wash your hands often or use hand sanitizer with at least 60% alcohol.

• Avoid being around people who are at increased risk for severe illness.

• Watch your health: Look for symptoms of COVID-19.

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Considerations for Types of Travel

Travel increases your chances of spreading and getting COVID-19. Delay travel and stay home. If you must travel, consider which activities you will be doing and their risk.

The type of transportation you use, type of accommodation you stay in, and the activities you do during travel, can increase your risk of getting and spreading COVID-19.  Your chances of getting or spreading COVID-19 while traveling also depend on whether you and those around you take steps to protect yourselves and others, by wearing masks, avoiding crowds, and staying 6 feet from anyone who is not traveling with you (social distancing). 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.

Airports, bus and train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance. In general, the longer you are around a person with COVID-19, the more likely you are to get infected. [[\*sk1\*]]

Air travel

Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air is circulated and filtered on airplanes. However, social distancing is difficult on crowded flights and sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19. How you get to and from the airport, such as with public transportation and ridesharing, can also increase your chances of being exposed to the virus.

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Bus or train travel

Traveling on buses and trains for any length of time can involve being in crowded terminals and sitting or standing within 6 feet of others, which may increase your risk of getting COVID-19. If you choose to travel by bus or train, learn what you can do to protect yourself on public transportation.

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Car travel

Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently touched surfaces.

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RV travel

You may have to stop less often for food or bathroom breaks, but RV travel usually means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

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Learn more about how to protect yourself from COVID-19 on different types of transportation at https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html

## Considerations for Staying with Friends or Family

If you, someone you live with, or anyone you plan to visit is at increased risk for severe illness from COVID-19, delay travel and stay home. If you must travel, stay in a separate accommodation like a hotel, guest house, or short-stay rental.

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T[[\*sk1\*]]ips for staying overnight or hosting overnight guests

• Wear masks while in shared spaces inside the house. Masks may be removed for eating, drinking, and sleeping, but individuals from different households should stay at least 6 feet/2 meters (about 2 arms lengths) away from each other at all times.

• Wash hands with soap and water for at least 20 seconds, especially upon arrival.

• Improve ventilation by opening windows and doors or by placing central air and heating on continuous circulation.

• Spend time together outdoors. Take a walk or sit outdoors at least 6 feet apart for interpersonal interactions.

• Avoid singing or shouting, especially indoors.

Be prepared. Know what you will do if you, a family member or friend becomes sick during the visit. Make plans for isolation, medical care, basic care, and quarantining exposed people.

## Tips to avoid getting and spreading COVID-19 in common travel situations:

In public:

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• Wear a mask over your nose and mouth when in public 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 and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.

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Bathrooms and rest stops:

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• Wash your hands with soap and water for at least 20 seconds after using the bathroom and after you have been in a public place.

• If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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Getting gas:

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• Use disinfecting wipes on handles and buttons at the gas pumps before you touch them.

• After fueling, use a hand sanitizer with at least 60% alcohol. When you get to your destination, wash your hands with soap and water for at least 20 seconds.

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Hotels and accommodations:

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• See advice for traveling overnight at https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#Traveling%20overnight

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Food stops:

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• The safest option is to bring your own food. If you don’t bring your own food, use drive-through, delivery, take-out, and curb-side pick-up options.

Content source: [National Center for Immunization and Respiratory Diseases (NCIRD)](https://www.cdc.gov/ncird/index.html), [Division of Viral Diseases](https://www.cdc.gov/ncird/dvd.html)