



BACKGROUND

On Friday April 2, 2021, the Centers for Disease Control and Prevention updated the guidance on both domestic and international travel during COVID-19 and what fully vaccinated people can do: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

Travel is defined as use of public transportation both domestic and international- (e. g. airplane, bus, train). Commuting to work is not considered in using the travel guidance. Staff need to practice core principles of infection control outside of work, no matter what role they are in within the LTC community, due to the vulnerability of the residents and potential risks.

CDC recommends delaying travel until you are fully vaccinated because travel increases your chance of getting and spreading COVID-19. If you are not fully vaccinated and must travel, follow CDC's recommendations for unvaccinated people.

CDC will update these recommendations as more people are vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available.

UPDATED INFORMATION FOR TRAVELERS: FULLY VACCINATED

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
 - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
 - Fully vaccinated travelers do not need to self-quarantine if asymptomatic
- International travel poses additional risk and even fully vaccinated travelers are at increased risk for getting and possibly spreading new COVID-19 variants. CDC recommends delaying international travel until you are fully vaccinated.
- For international travel, you are required to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before boarding a flight to the United States. Additionally, you will need to get a viral test 3-5 days after arrival.
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
 - Wear a mask over your nose and mouth
 - Stay 6 feet from others and avoid crowds
 - Wash your hands often or use hand sanitizer

Fully Vaccinated definition:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson (Janssen) vaccine

If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.



UPDATED INFORMATION FOR TRAVELERS: UNVACCINATED

Consider delaying travel until you are fully vaccinated. If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

- Before you travel:
 - Get tested with a viral test 1-3 days before your trip.
- While you are traveling:
 - Wear a mask over your nose and mouth. **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.
 - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After you travel:
 - **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.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all **state and local** recommendations or requirements.

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.
- Traveling Internationally? Check CDC's **COVID-19 Travel Recommendations by Destination** before planning your trip.

ADDITIONAL RESOURCES

Please email Dr. Shireesha Vuppalanchi (svuppalanchi@isdh.in.gov) or Matt Foster (mfoster@isdh.in.gov) for more information.