



### BACKGROUND

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.

#### 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.

### UPDATED INFORMATION FOR TRAVELERS: FULLY VACCINATED

- Fully vaccinated travelers are less likely to get and spread COVID-19.
  - Fully vaccinated travelers do not need to get tested before or after domestic travel unless their destination requires it
  - Fully vaccinated travelers do not need to self-quarantine after travel if asymptomatic
- Do not travel if
  - you are sick and are in quarantine period
  - you test positive for COVID-19 until completed the isolation period
  - you are waiting for results of a COVID-19 test
- Fully vaccinated travelers also should follow core principles of infection control during travel 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
- Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and train stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



## Travel Guidance for Healthcare Personnel

- Self-monitor for COVID-19 symptoms after travel. Isolate and get tested if you develop symptoms.
- International travel poses additional risk and even fully vaccinated travelers are at increased risk for getting and possibly spreading new COVID-19 variants. **Before boarding a flight to the United States, you are required to show a negative COVID-19 test done no more than 1 day before travel or documentation of recovery from COVID-19 in the past 90 days.** Additionally, you will need to get a viral test 3-5 days after arrival. If your test is positive, [isolate](#) yourself to protect others from getting infected.

### 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

Delay travel until you are fully vaccinated.

Do not travel if

- you were exposed to COVID-19
- you are sick and are in quarantine period
- you test positive for COVID-19 until out of isolation
- if you are waiting for results of a COVID-19 test.

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 while indoors at U.S. transportation hubs such as airports and train stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).
  - 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.



## Travel Guidance for Healthcare Personnel

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- 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.
- International travel poses additional risk and even fully vaccinated travelers are at increased risk for getting and possibly spreading new COVID-19 variants. **You are required to show a negative COVID-19 test done no more than 1 day before travel or documentation of recovery from COVID-19 in the past 90 days before boarding a flight to the United States.** Additionally, you will need to get a viral test 3-5 days after arrival. Stay home and self-quarantine for a full 7 days after travel.
- **ADDITIONAL RESOURCES**[Domestic Travel During COVID-19 | CDC 11-12-21](#)
- [International Travel | CDC 12-2-21](#)
- [Requirement for Proof of Negative COVID-19 Test or Documentation of Recovery from COVID-19 | CDC 12-2-21](#)