

# TRAVEL ADVISORY

## Domestic travel

If you are fully vaccinated and plan to travel within the United States, you should follow these steps:

### Before travel:

- Make sure you are up to date with COVID-19 vaccine and boosters.
- When travelling by air, be sure to check if your airline has any requirements (i.e., testing or needing your COVID-19 vaccination card).
- Be flexible during your trip as restrictions and policies may change depending on the state.

### During travel:

- Make sure you wear your mask over your nose and mouth whether on planes, buses, trains, or any other form of public transportation. Wear your mask anytime you are indoors.
- If you travel in hot areas (with higher number of COVID-19 cases), wear your mask even outdoors in crowded settings or during any activities that require close contact with people that you don't know.
- Make sure to follow the local and state recommendations of the area you are visiting.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.

### After Travel:

- Self-monitor your symptoms.
- Get tested if you develop symptoms.
- If the COVID-19 test is positive, isolate yourself to limit the spread.
- Make sure to follow the local and state recommendations of the area you are visiting.

If you are not fully vaccinated and you plan to travel within the United States, you should follow these steps:

### Before travel:

- Get tested with a viral test 24 hours to 72 hours before the trip.

### During Travel:

- Make sure you wear your mask over your nose and mouth whether on planes, buses, trains, or any other form of public transportation. Wear your mask anytime you are indoors.
- Try to avoid large crowds and practice social distancing.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.

### After Travel:

- Get tested 3-5 days after travel with a viral test.
- Stay home and quarantine for a full 7 days after travel.
- If your test is negative, you still must stay home for a full seven days after travel.
- If your test is positive, isolate yourself for 10 days beginning the day of the symptoms or if you are asymptomatic, isolate for 5 days beginning the day of the COVID positive test and wear a mask for the remaining 5 days.
- If you choose not to get tested after travel, you must stay home for 10 days.
- Avoid being around people who are at risk of severe illness for 14 days whether you get tested or not.
- Make sure to follow the local and state recommendations or requirements.

## **International Travel**

If you are fully vaccinated and plan to travel internationally during COVID, you should follow these steps:

### Before travel:

- Make sure you follow and understand all travel requirements for the airlines and destinations related to your travel including mask wearing, testing, and quarantine requirements. Remember that these requirements may differ from those in the United States.
- Make sure to check the status of the COVID-19 situation of your destination.
- All non-U.S. citizens and non-U.S. immigrants **must** show proof of being fully vaccinated with a primary series of an accepted COVID-19 vaccine before boarding a flight to the U.S, unless there is an exception (CDC,2023).

### During travel:

- Make sure you wear your mask over your nose and mouth whether on planes, buses, trains, or any other form of public transportation. Wear your mask anytime you are indoors.
- Make sure to follow all recommendations of the area you are visiting.
- Consider wearing a mask outdoors in crowded areas or if you must do activities in close contact with people you don't know.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.

### Before you arrive in the United States:

- Check the CDC's website to determine if it is required to have proof of a negative COVID-19 test before traveling.
- If it is not required to have a negative COVID-19 test before traveling, it is recommended that you consider getting tested as close to the time of departure as possible.

### After Travel:

- Get tested 3-5 days after travel with a viral test.
- Self-monitor your symptoms.
- If test positive or develop symptoms, isolate yourself for 10 days to protect others.
- If test negative, stay home for a full 5 days after travel and wear a mask for the remaining 5 days.
- Make sure to follow all state and local recommendations or requirements after travel.

If you are not fully vaccinated and plan to travel internationally during COVID, you should follow these steps:

### Before travel:

- Get tested 1-3 days before travel with a viral test.
- Make sure you follow and understand all travel requirements for the airlines and destinations related to your travel including mask wearing, testing, and quarantine requirements. Remember that these requirements may differ from those in the United States. Failure to comply may result in you being denied entry and return to the United States.
- Make sure to check the status of the COVID-19 situation of your destination.

### During travel:

- Make sure you wear your mask over your nose and mouth whether on planes, buses, trains, or any other form of public transportation. Wear your mask anytime you are indoors.
- Try to avoid crowds and practice social distancing.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.

### Before you arrive in the United States:

- Check the CDC's website to determine if it is required to have proof of a negative COVID-19 test before traveling.
- If it is not required to have a negative COVID-19 test before traveling, it is recommended that you consider getting tested as close to the time of departure as possible.

### After travel:

- Get tested 3-5 days after travel with a viral test.
- Stay home and quarantine for a full 7 days after travel.
- If your test is negative, you still must stay home for 5 days after travel and wear a mask for the remaining 5 days.

- If your test is positive, isolate yourself for 10 days beginning the day of the symptoms or if you are asymptomatic isolate for 5 days beginning the day of the COVID positive test and wear a mask for the remaining 5 days.
- If you choose not to get tested after travel, you must stay home for 10 days.
- Avoid being around people who are at risk of severe illness for 14 days whether you get tested or not.
- Make sure to follow the local and state recommendations or requirements.

**For more information about travel during the COVID-19 pandemic, you can visit:**

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test. Learn when it is safe for you to travel. Don't travel with someone who is sick (CDC, 2021).

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**The Epidemiology Department**

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