



Travel and COVID-19



All information and links available in the information at
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
INFORMATION CHANGING RAPIDLY; CHECK SITE FREQUENTLY FOR UPDATES

Should I travel?

Travel should be delayed and avoided right now. Travel increases your chance of getting and spreading COVID-19. Travel outside of Michigan increases your risk of getting infected with newer variant forms of COVID-19 that are not in Michigan yet. You may then bring them into our state when you return. These variants may spread faster, be less treatable, and may not be prevented as well with current COVID-19 vaccinations. Traveling to visit family may be especially dangerous if you or your loved ones are at higher risk for severe illness. Delay travel and stay home to protect yourself and others from COVID-19.

What if I must travel?

If you **must** travel, take these steps to [protect yourself and others](#) from COVID-19:

- 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](#) (PCR or antigen test) 1-3 days before you travel. Do NOT travel if you test positive.
 - Keep a copy of your test results with you during travel in case you are asked for them.
- 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.

How will I know if there are restrictions at the area I am traveling to?

- For areas inside the US, see the CDC Travel Planner at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html> to see if there are any travel restrictions, guidance, and resources in your destination.
- For international travel, check with your destination's Office of Foreign Affairs or Ministry of Health or the US Department of State, Bureau of Consular Affairs, Country Information at <https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html> for details about entry requirements and restrictions for arriving travelers.

What is required before, during, and after travel?

- 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 [Frequently Asked Questions](#) at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html> about this requirement 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. More information available at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html>

What is recommended before, during, and after travel?

CDC **recommends** the following:

- **BEFORE TRAVEL**
 - Get tested with a [viral test](#) (PCR or antigen 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](#).

- **AFTER TRAVEL**

- [Get tested](#) with a [viral test](#) (PCR or antigen 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.
- 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.

If I have been vaccinated, do I still need to get tested and self-quarantine before and after travel?

Yes. To reduce the risk of further spread of variant strains in the United States to our area, people who have been vaccinated should still follow CDC's travel recommendations and requirements before, during, and after travel. This includes all travel-related testing and quarantine recommendations and requirements. (Of note: Close contacts of a B.1.1.7 variant infection, the variant

we currently have in Michigan, will not need to quarantine once fully vaccinated and within 3 months of vaccination. HOWEVER fully vaccinated individuals may be required to quarantine for 14 days if exposed to a different variant strain that may not be as well covered by the vaccine, as B117 is).

Can flying on an airplane increase my risk of getting COVID-19?

Yes. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. Air travel also requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. [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.

Who should NOT travel?

Some people should not travel. People who are sick, have recently tested positive for the virus that causes COVID-19, or have been exposed to a person with COVID-19 pose a very high risk to others during travel.

- Don't travel if you or any of your travel companions:
 - Are sick
 - Have suspected or diagnosed COVID-19 (even if you don't have symptoms)
 - Have been around someone with suspected or diagnosed COVID-19 in the past 14 days (even if they did not have symptoms).

Know Your Travel Risks

If you must travel, learn which travel activities are lower risk

Safest	Less Safe	Even Less Safe	Least Safe
			
Transportation			
<p>Staying home is the best way to protect yourself and others from COVID-19.</p> <p>Short trips by car with members of your household with no stops along the way</p>	<p>Longer trips by car or RV with one or more stops along the way</p>	<p>Trips by car or RV with people who are not in your household</p> <p>Long-distance train or bus trips</p> <p>Direct flights</p>	<p>Flights with layovers</p> <p>Traveling on a cruise ship or river boat</p>
Safest	Less Safe	Even Less Safe	Least Safe
			
People You Are in Contact with During Travel			
<p>Interacting with household members only (indoors and outdoors)</p>	<p>Interacting with a few people who are not from your household, if:</p> <ul style="list-style-type: none"> • All are from the local area • You meet outdoors • All wear a mask • All stay at least 6 feet away from people they do not live with • No one shares food, drinks or personal items with people they don't live with 	<p>Interacting with a few people, if:</p> <ul style="list-style-type: none"> • People are from neighboring or other communities • You meet in an open, well-ventilated indoor space • Most (not all) wear a mask • Most stay at least 6 feet away from people they do not live with • Most limit sharing of food and personal items with others 	<p>Interacting with crowds, especially if:</p> <ul style="list-style-type: none"> • People travel from distant communities or the crowd is made up of people from different places • Spread of COVID-19 is high in the community • You meet in a confined, poorly ventilated indoor space • Few people wear a mask • No one stays at least 6 feet/2meters away from people they do not live with • People freely share food and personal items with others

Safest	Less Safe	Even Less Safe	Least Safe
			
Lodging			
<p>Staying home is the best way to protect yourself and others from COVID-19.</p>	<p>A house or cabin with people from your household (e.g., vacation rentals)</p>	<p>Hotels or multi-unit guest lodgings (e.g., bed and breakfasts)</p> <p>Staying at a family member's or friend's home</p> <p>A house or cabin with people that are not in your household (e.g., vacation rentals)</p>	<p>Shared spaces with many people and shared bathroom facilities (e.g., dormitory-style hostels)</p>
Safest	Less Safe	Even Less Safe	Least Safe
			
Food			
<p>Bringing your own food and drinks</p> <p>Using drive-thru, delivery, and curbside pick-up options</p> <p>Wear a mask when interacting with restaurant employees</p>	<p>Picking up take-out food or drink inside of a restaurant</p> <p>Eating outside at a restaurant where:</p> <ul style="list-style-type: none"> • Distancing at least 6 feet/2meters is possible • Servers and other restaurant staff wear masks • Diners wear masks when not eating or drinking • Self-service options that minimize touching of surfaces, such as touchless drink dispensers 	<p>Eating inside at a restaurant where:</p> <ul style="list-style-type: none"> • Dining area is well ventilated • Distancing at least 6 feet/2meters is possible • Servers and other restaurant staff wear masks • Diners wear masks when not eating or drinking • Self-service options that require limited touching of surfaces, such as touch-screen drink dispensers or use of touchpads for ordering 	<p>Eating inside at a restaurant where:</p> <ul style="list-style-type: none"> • Dining area is poorly ventilated • Distancing at least 6 feet/2 meters is not possible • Where servers and restaurant staff do not wear masks • Diners do not wear masks • Self-service options that require extensive touching of surfaces, such as buffets

Safest	Less Safe	Even Less Safe	Least Safe
			
Camping			
<p>Staying home is the best way to protect yourself and others from COVID-19.</p>	<p>Camping with people from your household only and not sharing facilities with persons outside of your household</p> <p>All wear masks when interacting with people they do not live with</p>	<p>Camping with people from your household only, but sharing facilities with people outside of your household, where distancing at least 6 feet/2 meters is possible</p> <p>Camping with friends or family who are not in your household and sharing tents or cabins with them</p> <p>Most (not all) wear a mask when interacting with people they do not live with</p>	<p>Camping in large dormitory-style settings with many people and shared facilities</p> <p>Few wear a mask when interacting with people they do not live with</p>

FROM MID-MICHIGAN DISTRICT, CENTRAL MICHIGAN DISTRICT AND DISTRICT HEALTH DEPARTMENT #10



