

# Considerations and Best Practices for Travel



Planning to travel? During the COVID-19 pandemic, travel may require some additional planning. Ahead of your trip, be sure to think through the following considerations:

- Check current disease levels for your destination(s) to assess the risk level.
- If you are at a higher risk for complications from COVID-19, or you live with someone who is at higher risk, you may want to delay travel plans, particularly if the place you plan to visit has high disease transmission.
- You will also need to check to see what, if any, restrictions are in place for your destination(s).

## Will I have to quarantine upon arrival?

Some state, local and territorial governments require those traveling from out of town to quarantine for 14 days upon arrival. Check [state, territorial, tribal](#) and local public health websites for information before you travel. If you are traveling internationally, check the destination's Office of Foreign Affairs or Ministry of Health, or visit the [U.S. Department of State, Bureau of Consular Affairs](#) for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or [quarantine](#).

## Will I be required to wear a mask at my destination?

It's a good idea to check the state, territorial, tribal and/or local public health department for your destination(s) before making travel plans to see what requirements are in place. That may include limits on group sizes and mask requirements, in addition to other COVID-19 guidelines. Visit [#Masks4All](#) to see which states require masks in public. It's a good idea to pack plenty of clean cloth face masks for your trip. It is essential to continue layering your preventive measures such as wearing a mask, practicing social distancing, and washing your hands frequently to protect yourself and those you are with. Masks are recommended, even if there is not a requirement where you are traveling.

## If driving, what steps should I take to stay safe?

Even when driving in your vehicle alone or with household members, there are important precautions to remember:

- Plan to make as few stops as possible, but do make sure to stop driving if you become drowsy.
- Be sure to pack cloth face masks, hand sanitizer and disinfectant wipes in an easily accessible spot so that you can use them during the trip as necessary.
- Prepare food and water to take on the trip. Consider including nonperishable items in case access to restaurants and grocery stores is limited.
- When you need to get gas, use a disinfectant wipe on handles or buttons before you touch them, or wear disposable gloves. After fueling, use hand sanitizer. When you get to your destination, use soap and water to wash your hands for at least 20 seconds.
- If you choose to pick up a meal on the road, opt for restaurants that offer drive-through or curbside service.

### **If traveling by bus, train, rideshare or other public transit, what steps should I take to stay safe?**

Traveling on buses and trains for any length of time can involve sitting or standing within six feet of others, which may increase your risk of getting COVID-19. If you choose to travel by bus, train or other public transit, learn what you can do to [protect yourself on public transportation](#). Important tips include:

- Stay up to date by checking with local transit authorities to evaluate risks and learn about requirements.
- Avoid touching surfaces. If you must touch surfaces, disinfect them first.
- Practice social distancing.
- Practice hand hygiene. Remember to bring hand sanitizer.
- Increase ventilation where possible, by opening windows.
- Wear your mask.

### **If flying, what steps should I take to stay safe?**

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 circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and sitting within six feet of others, sometimes for hours, may increase your risk of getting COVID-19.

Wearing a mask, practicing good hand hygiene, avoiding touching surfaces and social distancing when possible are good ways to protect yourself. Remember to cover coughs and sneezes, to bring plenty of hand sanitizer and to avoid air travel if you are sick.

Also consider how you get to and from the airport, as public transportation and ridesharing can increase your chances of being exposed to the virus. Be sure to check out the [Transportation Security Administration's website](#) for information on how they are continuing to adjust operations during the COVID-19 pandemic.

### **Does my airline require a negative COVID-19 test?**

Remember to check in advance with the airline to see what requirements you will need to meet in order to fly on one of their airplanes. This may include receiving a negative COVID-19 test before your departure. Even if this is a requirement for some airlines, it's important to remember that a negative test only represents a snapshot in time. It's important to remember to continue practicing prevention measures, and if you do begin experiencing symptoms, seek testing again.

### **If staying overnight at a hotel, what steps should I take to stay safe?**

Before booking your hotel, call and ask about COVID-19 prevention measures and guidelines. You can consider asking the following:

- Are masks required while in the hotel? Are staff required to wear masks while at work?
- Does the hotel have updated policies about cleaning and disinfecting frequently touched surfaces?
- What other preventative measures do they have in place to protect guests?

Upon arrival, wear a mask in the lobby or other common areas. Minimize the use of areas that may lead to close contact with other people as much as possible, including break rooms, patios, lounging areas, etc.

Consider taking the stairs. Otherwise, wait to use the elevator until you can either ride alone or only with people from your household. Choose contactless options when possible such as online reservation and check-in, mobile room key and contactless payment. Request contactless delivery for any room service order.

### **When I return home, what steps should I take to keep myself and others safe?**

You may have been exposed to COVID-19 during your travels. You may feel well and not have any symptoms, but you can still be contagious without symptoms and spread the virus to others. That’s why it’s a good idea to stay home and away from others for 14 days, even if you do not develop symptoms. Those who develop symptoms should be tested for COVID-19 and may need to isolate from others for a longer period of time. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting sick after you return:

- [Stay at least six feet](#) apart from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home.
- [Wash your hands](#) often with soap and water or use hand sanitizer (with at least 60% alcohol).
- Monitor your health and remain alert for [symptoms of COVID-19](#). Check your temperature if you feel sick.

Follow [state, territorial, tribal](#) and local recommendations or requirements after travel.

## **Additional Resources**

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- <https://covid19.colorado.gov/prepare-protect-yourself/prevent-the-spread/travel>
- <https://masks4all.co/what-states-require-masks>