

# Travel Guidance During COVID-19

This document created by Nurse Debbie Smith, MS RN, contains information and considerations as you make your travel plans. We wish you a safe trip and please refer to this document as you plan your travels. If you have any questions regarding this guidance, please email Mrs. Simpson, [dsimpson@bfacademy.org](mailto:dsimpson@bfacademy.org).

## **Before Travel:**

Travel can increase your risk especially in these situations:

- Is [COVID-19 spreading](#) at your destination or does your destination have restrictions? For example, Hawaii currently requires a negative COVID test within 3 days of arrival. The more cases of COVID-19 at your destination, the more likely you are to get infected during travel and spread the virus to others when you return. International travel is more restricted for US citizens so look for more information on other [countries](#).
- Are you going to a [large social gathering](#) like a wedding, funeral, or party?
- Are you attending a mass gathering like a sporting event, concert, or parade.?
- Just being in crowds — for example, in restaurants, bars, airports, bus and train stations, or movie theaters increases your risk
- Are you traveling on a cruise ship or riverboat?

More helpful sites:

- <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>
- <https://www.kayak.com/travel-restrictions/united-states>
- <https://www.tchd.org/830/Travel-Guidance>

## **Know When to Delay your Travel to Avoid Spreading COVID-19**

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 should delay travel. Learn [when and for how long](#) to delay travel to avoid spreading COVID-19. If you get any [symptoms of COVID-19](#), see [What to Do If You Are Sick](#).

## **During your trip, take steps to [protect yourself and others](#) from COVID-19:**

- Wear a [mask](#) to keep your nose and mouth covered when in public settings.
- Avoid close contact by [staying at least 6 feet apart](#) (about 2 arms' length) from anyone who is not from your household.
- [Wash your hands](#) often or use hand sanitizer (with at least 60% alcohol).
- Avoid contact with anyone who is sick.
- Learn more about how to [protect yourself from COVID-19 on different types of transportation](#)
- [Visiting Parks and Recreational Facilities](#)

**After You Travel** Because traveling increases your risk to exposure to COVID-19. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days if you were exposed to the virus. Getting tested on your return can help determine further measures that may be needed for your family but are not required to return to school.