



DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



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## GUIDANCE

### Background

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After two months of progress, COVID-19 case counts are no longer declining across the region, and in some areas locally and nationally case rates are increasing again. Travel-related infections are threatening further progress. For those considering travel over the upcoming spring holidays, it is vital to remember travel increases your chance of getting and spreading COVID-19.

Travel outside of the region also increases risk of infection with new variants of the virus and the accelerated introduction of these variants into our community.

The U.S. Centers for Disease Control and Prevention currently [recommend](#) delaying travel and staying home to protect yourself and others from COVID-19, even if you are vaccinated.

The California Department of Public Health (CDPH) [Travel Advisory](#) includes recommendations to curb the spread of COVID-19 and contain new sources of infection. Marin County Public Health [recommends](#) that families and school staff take caution during the upcoming school holiday.

### Recommendations

- Schools have the authority to implement stricter requirements for returning travelers.
- Avoid non-essential travel to any part of California more than 120 miles from one's place of residence, or to other states or countries.
- If you **must** travel, take steps to protect yourself and others:
  - If you are eligible, [get fully vaccinated](#) for COVID-19.
  - Before you travel, [get tested](#) 1-3 days before your trip.
  - Wear a mask over your nose and mouth when in public.
  - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you.
- All persons arriving in or returning to California from other states or countries, should [self-quarantine](#) for 10 days.
  - Quarantine may be shortened to 7 days if all travelers in the household are asymptomatic and test negative with an antigen or molecular viral test on Day 5 or later.
  - Fully vaccinated persons do not need to quarantine unless required by employer.
  - Students who did not travel with their parents / guardians can attend school if returning parents / guardians can quarantine.
- Those adhering to the advice and staying close to home still need to consider restrictions on in-person gatherings.

- CDPH [recommends](#) holding gatherings outside, where air circulation is better.
- Non-essential travelers from other states or countries are still strongly discouraged from entering California.

### **Key Resources**

CDC. Travel During COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

CDPH. Travel. <https://covid19.ca.gov/travel/>

Marin County Public Health. Recommendations for Staying Safe from COVID-19 During the Holidays. <https://coronavirus.marinhhs.org/travel>

Marin County Public Health. Celebrate Safely.  
<https://coronavirus.marinhhs.org/celebrate-safely>