

# Coronavirus Disease 2019 (COVID-19)

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## Travel during the COVID-19 Pandemic

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Travel increases your chance of getting and spreading COVID-19. **Staying home is the best way to protect yourself and others from COVID-19.**

You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including [children](#)) may spread COVID-19 to other people including your family, friends, and community for 14 days after you were exposed to the virus.

**Don't travel if [you are sick](#) or [if you have been around someone with COVID-19 in the past 14 days](#).** Don't travel with someone who is sick.

### Wear Masks During Travel

CDC strongly recommends everyone wear a mask on public transportation.

This recommendation includes passengers and workers on airplanes, trains, ships, ferries, subways, taxis, and ride shares, and at transportation hubs such as airports and stations. [Click here for more information.](#)

### Holiday Travel

Find out how to keep yourself and your family safer when you celebrate fall and winter holidays.

If you are planning to travel for an upcoming holiday, see CDC's information about [Holiday Celebrations](#).

## Before You Travel

Before you travel, consider the following:

- **Is COVID-19 spreading at your destination?**  
The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.
  - [Check Each State's Cases in the Last 7 Days](#)
  - [Travel Recommendations for Destinations Around the World](#)
- **Do you live with or are you visiting someone who might be [at increased risk for severe illness from COVID-19](#)?**  
If you get infected you can spread the virus to loved ones during travel and when you return, even if you don't have

symptoms.

- **Are you at increased risk for severe illness from COVID-19?**

Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at [increased risk for severe illness](#) from COVID-19.

- **Does your destination have requirements or restrictions for travelers?**

Some state, local, and territorial governments have requirements, such as requiring people to wear masks and requiring those who recently traveled to stay home for up to 14 days. 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 the [US Department of State, Bureau of Consular Affairs, Country Information page](#) [↗](#) for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or [quarantine](#). If traveling by air, [get tested](#) with a [viral test](#) and check if your airline requires any health information other documents.

- **Are you traveling by air?**

If you are traveling by air, [get tested](#) with a [viral test](#) 1-3 days before getting on a plane and plan to [get tested](#) with a [viral test](#) 2-5 days after your flight. Testing 1-3 days before and 2-5 days after travel may reduce the risk of getting and spreading COVID-19. Testing does not eliminate all risk, but when combined with [everyday precautions](#) like [wearing masks](#), [social distancing](#), and [handwashing](#), it can make travel safer by reducing spread on planes and in airports and at travelers' destinations.

## If You Travel

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, including on [public transportation and in transportation hubs such as airports and stations](#).
- Avoid close contact by [staying at least 6 feet apart](#) (about 2 arm lengths) 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.
- Avoid touching your eyes, nose, and mouth.

Traveling Abroad? Check CDC's [COVID-19 Travel Recommendations by Destination](#) before planning your trip.

## Considerations for Types of Travel

Travel increases your chances of getting and spreading COVID-19. Your chances of getting COVID-19 while traveling also depend on whether you and those around you take steps to protect yourself and others, such as wearing masks and staying 6 feet away from people outside your household ([social distancing](#)). Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to [social distance](#). In general, the longer you are around a person with COVID-19, the more likely you are to get infected.

### Air travel

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 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19.

[Get tested](#) with a [viral test](#) 1-3 days before you get on a plane and 2-5 days after your flight. Testing does not eliminate all risk, but when combined with [everyday precautions](#) like [wearing masks](#), [social distancing](#), and [handwashing](#), it can make travel safer by reducing spread on planes and in airports and at travelers' destinations.

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.

**Bus or train travel**

Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others, which may increase your risk of getting COVID-19. If you choose to travel by bus or train, learn what you can do to [protect yourself on public transportation](#).

**Car travel**

Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently-touched surfaces.

**RV travel**

You may have to stop less often for food or bathroom breaks, but RV travel usually means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

Learn more about how to [protect yourself from COVID-19 on different types of transportation](#)

## 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.

## How Are Companies Protecting Customers from COVID-19?

When planning travel, you may want to check companies' websites to see what they are doing to protect customers from COVID-19. Things to look for include:

- Requiring people to wear a mask
- Promoting social distancing
- Using online or contactless reservations and check-in
- Using contactless payment
- Enhanced cleaning procedures

# Tips to avoid getting and spreading COVID-19 in common travel situations:

## In public:

- Wear a [mask](#) in public settings, [including on public transportation and in transportation hubs such as airports and stations](#).
- [Stay at least 6 feet](#) (about 2 arms' length) from anyone who is not from your household.

## Bathrooms and rest stops:

- Wash your hands with soap and water for at least 20 seconds after using the bathroom and after you have been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

## Getting gas:

- Use disinfecting wipes on handles and buttons at the gas pumps before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. When you get to your destination, wash your hands with soap and water for at least 20 seconds.

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## Hotels and accommodations:

- See [advice for traveling overnight](#).

## Food stops:

- The safest option is to bring your own food. If you don't bring your own food, [use drive-through, delivery, take-out, and curbside pick-up options](#).

## Anticipate Your Travel Needs

- Bring a mask to wear in public places and [on public transportation](#).
- Pack hand sanitizer with at least 60% alcohol. Keep this within reach.
- Bring enough of your medicine to last you for the entire trip.
- Pack food and water in case restaurants and stores are closed, or if drive-through, take-out, and outdoor-dining options aren't available.
- If you are considering cleaning your travel lodgings, see CDC's guidance on how to [clean and disinfect](#).
- If traveling by air, [get tested](#) with a [viral test](#) 1-3 days before you get on a plane and plan to get tested 2–5 days after your flight. Keep a copy of your test results with you during travel. You may be asked for them.
- For 14 days before you travel, take [everyday precautions](#) like [wearing masks](#), [social distancing](#), and handwashing, and avoid activities that put you at [higher risk](#) for COVID-19.

## Check Travel Restrictions

State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and [quarantine](#) requirements upon arrival. Follow state, local, and territorial travel restrictions. For up-to-date information and travel guidance, check the [state, territorial, tribal](#) and local health department where you are, along your route, and where you are going. Prepare to be flexible during your trip as restrictions and policies may change during your travel.

If traveling internationally or across international borders, check with the destination's Office of Foreign Affairs or Ministry of Health or the [US Department of State, Bureau of Consular Affairs, Country Information page](#) [↗](#) for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or [quarantine](#). Local policies at your destination may require you to be tested for COVID-19 before you are allowed to enter the country. If you test positive on arrival, you may be required to [isolate](#) for a period of time. You may even be prevented from returning to the United States, as scheduled.

## After You Travel

You may have been exposed to COVID-19 on your travels. 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 after you were exposed to the virus.

Regardless of where you traveled or what you did during your trip, take these everyday actions to protect others from getting COVID-19:

- [Stay at least 6 feet/2 meters](#) (about 2 arms' length) from anyone who is not from your household. It's 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, and including when using [public transportation](#).
- [Wash your hands](#) often or use hand sanitizer with at least 60% alcohol.
- Watch your health: Look for [symptoms](#) of COVID-19, and take your temperature if you feel sick.

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



# Get Tested After Higher Risk Travel

Testing 1–3 days before and 2–5 days after travel reduces the risk of spreading COVID-19. Testing does not eliminate all risk, but when paired with everyday precautions like [wearing masks](#) and [social distancing](#), it can make travel safer by reducing spread on planes and in airports and at travelers’ destinations.

If you participated in higher-risk activities during your international or domestic trip, take the everyday actions listed above **AND** do the following:

- Stay home for 14 days **AND** [get tested](#) with a [viral test](#) 2–5 days after your trip.
  - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days.

## Higher Risk Activities

The following are some activities that put you at [higher risk for COVID-19](#):

- Travel from a country or U.S. territory with a Level 2, Level 3, or Level 4 [Travel Health Notice](#)
- Travel from a [U.S. state, county, or city](#) where COVID-19 levels are high or increasing
- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds – for example, in restaurants, bars, or movie theaters.
- Air travel
- Traveling on a cruise ship or river boat.

### More Information

- [Frequently Asked Questions about Travel and COVID-19](#)
- [Testing and Air Travel](#)
- [COVID-19 Travel Recommendations by Destination](#)
- [Visiting Parks and Recreational Facilities](#)
- [Health Information for International Destinations](#)
- [Protect Yourself When Using Transportation](#)

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