



Get Tested and Stay Home After 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 travel.

Requirements after you travel:

- Get tested with a viral 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.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Getting tested after travel is especially important if you did any of these activities that put you at higher risk for COVID-19:

- 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 like in restaurants, bars, fitness centers, or movie theaters.
- Taking public transportation like planes, trains, or buses or being in transportation hubs like airports.
- Traveling on a cruise ship or riverboat.