

CDC CORONAVIRUS US TRAVEL CONSIDERATIONS

Updated June 28, 2020

This is about travel that is different from your everyday activities, away from your local community. For advice on how to safely meet basic household needs within your local community, see CDC's webpage about [running essential errands](#).

COVID-19 cases and deaths have been reported in all 50 states, and the situation is constantly changing. Because travel increases your chances of getting infected and spreading COVID-19, **staying home is the best way to protect yourself and others from getting sick.**

If you are thinking about traveling away from your local community, ask:

- Is [COVID-19 spreading](#) where you're going?
You can get infected while traveling.
- Is [COVID-19 spreading in your community](#)?
Even if you don't have symptoms, you can spread COVID-19 to others while traveling.
- **Will you or those you are traveling with be within 6 feet of others during or after your trip?**
Being within 6 feet of others increases your chances of getting infected and infecting others.
- **Are you or those you are traveling with [more likely to get very ill from COVID-19](#)?**
Individuals who have [an increased risk of severe illness from COVID-19](#) should limit their travel.
- **Do you live with someone who is [more likely to get very ill from COVID-19](#)?** If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.
- **Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?**
Some state and local governments may require people who have recently traveled to stay home for 14 days.
- **If you get sick with COVID-19, will you have to miss work or school?** People with COVID-19 disease need to stay home until they are [no longer considered infectious](#).

Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

Protect yourself and others during your trip:

- Clean your hands often.
 - [Wash your hands](#) with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
- [Wear a cloth face covering in public](#).
- Cover coughs and sneezes.

Pick up food at a drive-through, curbside restaurant service, or stores.

Submitted by the Editor to honor the adventurous spirit of AGCM Moon Mullen, USN RET