

TRAVEL TIPS



Stay up-to-date on CDC's novel coronavirus (COVID-19) travel advisories & tips, especially if traveling abroad.



Practice frequent and thorough handwashing (20 seconds, soap & warm water), cover coughs & sneezes, avoid touching eyes, nose & mouth.



There are currently no travel advisories for any U.S. states.

UPON RETURN

Depending on your travel history, you may be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice), including China, Iran, Italy and South Korea.

- Take your temperature with a thermometer **two times a day** and monitor for fever. Also watch for cough or trouble breathing.
- **Stay home if feeling ill and avoid contact with others.** Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- **Do not take public transportation,** taxis or ride-shares during the time you are practicing social distancing.
- **Avoid crowded places** (such as shopping centers and movie theaters) and limit your activities in public.
- **Keep your distance** from others (about 6 feet).



If during this 14-day period a traveler gets sick with fever (100.4°F/38°C or higher), cough or has trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room
- Tell your doctor about your recent travel and your symptoms
- Avoid contact with others