

Thinking about traveling...???

As travel begins to increase throughout the United States, Keller Army Community Hospital wants to remind you of the CDC's travel guidance. Go to https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html to learn:

- What you need to know about traveling during the pandemic
- What to consider before you travel
- What steps to take if you must travel
- What to do before and after you travel
- What should you do to avoid getting/spreading COVID-19 while traveling

Most important, check the state/local travel restrictions before your trip. The CDC COVID-19 Travel Planner, at https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html will assist you in finding the state/local travel restrictions.



DVID-19: TESTING BEFORE TRAVEL

Get tested no more than 3 days before you travel.

Postpone travel if you are waiting for test results. Watch for symptoms of COVID-19.

If you test **POSITIVE** or develop If you test **NEGATIVE**... symptoms of COVID-19... Keep a copy of your test results Take precautions to protect yourself Do NOT travel. Follow public health Immediately and others from getting COVID-19.

> If you fly to the US from a foreign country, you must provide a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding your flight.



with you during travel.

www.cdc.gov/covid19travel



recommendations.

COVID-19: TESTING AFTER TRAVEL

Get tested 3-5 days after you travel AND stay home and self-quaratine for 7 days after travel. If you don't get tested, STAY HOME and SELF QUARATINE for 10 days after travel. If you test positive or have symptoms of COVID-19, ISOLATE yourself to protect others from getting infected and follow public health recommendations.

Take the following actions for 14 days after you return from travel:



If there are people in the travel with you, wear a mask and ask everyone in the household to wear inside your house.



Look for symptoms of your temperatrue if



Avoid being around increased risk for



Wear a mask when spaces outside of



Isolate yourself and follow public health recommendations if you



isolate yourself.

Wash your hands sanitizer with at least



Stay at least 6 feet from anyone who did not travel with you.

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