



## 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:

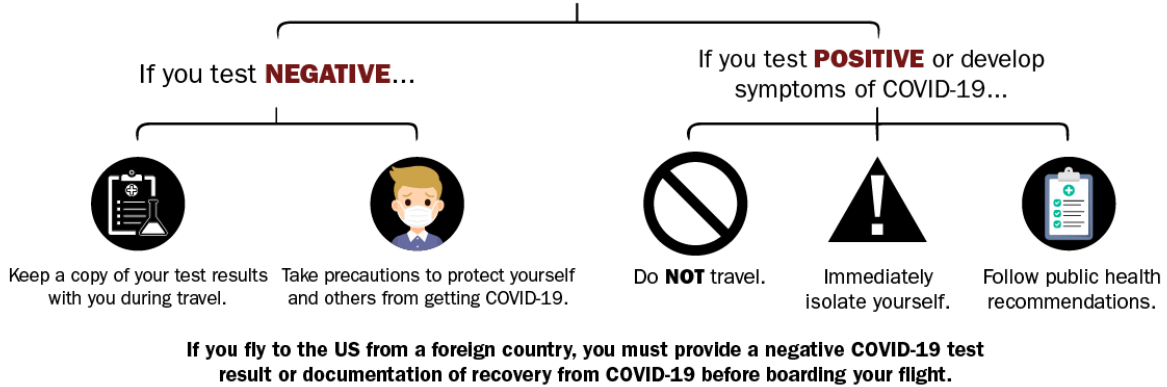
- What you need to know about traveling during the pandemic
- What to consider before you travel
- What steps to take if you must travel
- What to do before and after you travel
- What should you do to avoid getting/spreading COVID-19 while traveling

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.



# COVID-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.



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[www.cdc.gov/covid19travel](http://www.cdc.gov/covid19travel)



# COVID-19: TESTING AFTER TRAVEL

Get tested **3-5 days after** you travel **AND** stay home and self-quarantine for **7** days after travel.  
If you don't get tested, **STAY HOME** and **SELF QUARANTINE** 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.



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