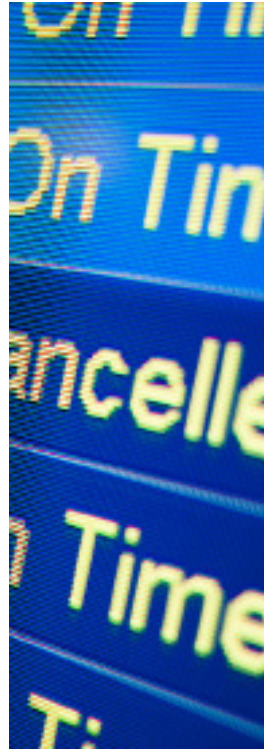# COVID-19
International Travel

Requirements regarding testing, quarantine and vaccinations are fluid and easily subject to change.

- Keep your travel fexible and simple
- Keep testing requirements in mind BEFORE booking your tickets
- Buy refundable airline tickets
- Book refundable lodging
- Avoid last minute travel, if possible
- Avoid complicated itineraries
- Consider the added costs of pre-travel COVID-19 testing, quarantine restrictions, and possible isolation costs if you develop COVID-19 abroad
- Make sure to have travel insurance

Wearing your mask and physically distancing is always the safest form of protection from COVID-19, regardless of your vaccination status.

- Mask requirements still exist internationally, as well as on public transport and transportation hubs.
- WHO advises fully vaccinated persons to continue to wear masks indoors and outdoors and to physically distance due to increasing global circulation of highly transmissible COVID-19 variants as well as low international vaccination availability/rates.

COVID-19 & Your Destination

COVID-19 Travel Recommendations by Destination:

wwwnc.cdc.gov/travel/noticescovid19

www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html

CDC Recommendations for Travel during COVID-19:

www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-COVID19.html

TRAVEL TIPS

When booking travel to international destinations:

- Consider testing times + make sure testing sites are open
- Consider test result times:
  - **Antigen:** 15 minute
  - **Lab-processed PCR:** 24 - 72 hours
- Try to avoid flying late Sunday/Monday and be aware of holidays.

Resources for International Entry/Exit/Quarantine Regulations

The US State Department has a webpage with country-specific Information related to COVID-19. The page links to US Embassies abroad, provides relevant COVID information, and links to local government websites:

https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html
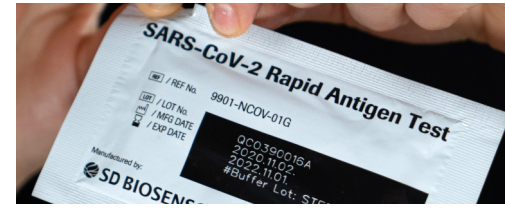
- Check your specific airline's regulations, as these may differ from country restrictions.
- Check the requirements of the country through which you are transiting.
- If you are traveling to multiple countries, check to see if entrance requirements for your second destination are affected by your stay at the first destination.

COVID-19
International Travel

Did You Know? COVID-19 PCR Tests

- Pre-travel COVID-19 testing is unlikely to be covered by insurance.
- Laboratory processed PCR tests take a minimum of 24 hours, no matter the site (saliva or NP).
- Most laboratory-processed PCR tests can take up to 24 - 72 hours to get a result.
- Don't wait until the last minute to get tested (if testing needs to be done 72 hours before your flight departure, don't wait until 24 hours before your departure).
- If you are worried about flight delays, get a second test closer towards your departure.
- There are **NO GUARANTEES** as to when your result will come back, so plan ahead accordingly.
- Antigen tests results are commonly done on site and are usually ready within 15 minutes.

Community COVID-19 Testing Options

UVA Riverside: https://uvahealth.com/locations/profile/uva-primary-care-riverside
CVS: https://www.cvs.com/minuteclinic/ covid-19-testing
Walgreens: https://www.walgreens.com/find-care/covid19/testing?ban=covid_ vanity_testing
Airport Testing: https://www.xprescheck. com/#faqs

Prepare Your Travel Documents

Take photos of necessary travel documents with your phone *and* carry printed copies in case you have no internet access or run out of battery power on your device:

- COVID-19 Vaccination Card
- Passport
- Health insurance information
- Yellow fever vaccination card, if applicable

You may download a copy of your COVID-19 vaccine card from the HealthyHoos patient portal if you no longer have your original.

Travel Insurance

- Visitors traveling to some destinations will need to provide proof of a medical insurance policy to cover any COVID-19 related medical treatment, isolation, or quarantine while abroad.
- Even if travel insurance is not required, it is always recommended.
- Even minor medical treatment can be very expensive away from home.

Traveling to the United States

Currently, travelers do not need to provide a negative test before traveling to the U.S.