

COVID-19: Travel in the US and Abroad

KEY QUESTIONS TO 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?

Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.

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.



GLOBAL PANDEMIC

COVID-19 cases and deaths have been reported in all 50 states and around the world, 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.



REMEMBER.....

WASH YOUR HANDS OFTEN WITH SOAP & WATER

WEAR A MASK

PRACTICE SOCIAL DISTANCING (6 FEET)

PROTECT YOURSELF AND OTHERS

» **Wash your hands often** 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.

» **Avoid touching your eyes, nose, or mouth.**

» Avoid close contact with others.

» **Keep 6 feet of physical distance from others.**

» 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.

» Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy to reach.

» **Wear a cloth face covering in public.**

» **Bring enough of your medicine to last you for the entire trip.**

» Prepare food and water for your trip. Pack non-perishable food in case restaurants and stores are closed.

If you are considering cleaning your travel lodgings, see CDC's guidance on how to clean and disinfect.



INTERNATIONAL TRAVEL

Check the following Travel Advisories:

- » CDC COVID-19 Travel Recommendations by Country
- » US State Department Travel Advisories

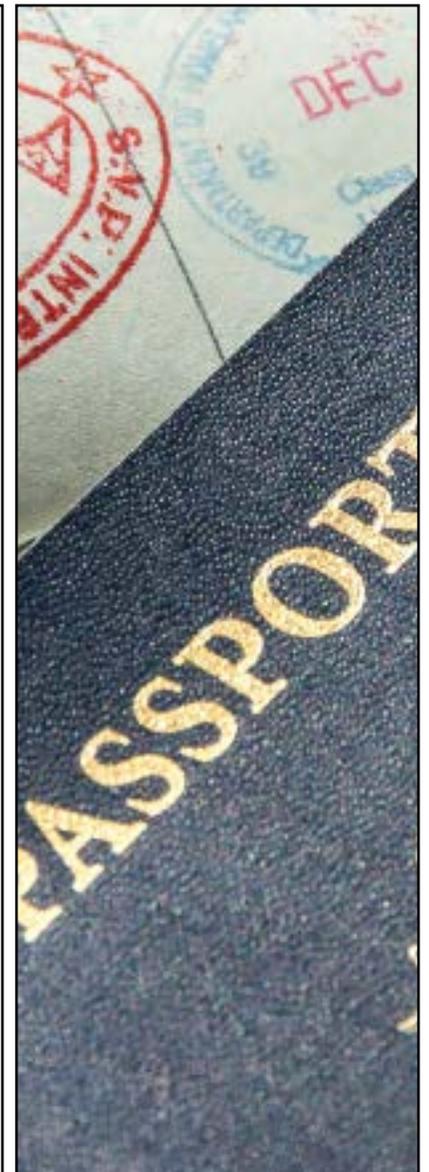
If you are not traveling now, but are interested in monitoring safety conditions for specific destination(s) overseas, sign up to receive Travel Advisory updates at [STEP.state.gov](https://step.state.gov) under Staying at Home?

The following is from the CDC Travel FAQ page (4/28/20):

CDC recommends that travelers avoid all nonessential international travel because of the COVID-19 pandemic. Some health care systems are overwhelmed and there may be limited access to adequate medical care in affected areas. Many countries are implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice. Airlines have cancelled many international flights and in-country travel may be unpredictable. If you choose to travel internationally, your travel plans may be disrupted, and you may have to remain outside the United States for an indefinite length of time.

Currently, all international travelers arriving into the US should stay home for 14 days after their arrival. At home, they are expected to monitor their health and practice social distancing. To protect the health of others, these travelers should not go to work or school for 14 days.

Your UVA Student Health and Wellness Travel Provider can provide you with a detailed report about the COVID-19 situation in the country you are visiting. They can also provide guidance regarding COVID-19 testing requirements for traveling to the country of your destination.



UNIVERSITY-RELATED TRAVEL

The University Policy on Student International Travel requires **all students who engage in travel abroad for University-related purposes to register with the International Studies Office.** Registration instructions are available [here](#). Signing up for a Student Health and Wellness Travel Clinic appointment is NOT the same as registering your travel with the International Studies Office.

Is it safe to travel to visit family or friends?

Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if coronavirus is spreading in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are more likely to get very ill from COVID-19. People at higher risk for severe illness need to take extra precautions.





State and Local Travel Restrictions

Follow state and local travel restrictions. For up-to-date information and travel guidance, check the state or local health department where you are, along your route, and at your planned destination. While you are traveling, it is possible a state or local government may put into place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

Considerations for Types of Travel

Travel increases your chances of getting and spreading COVID-19. We don't know if one type of travel is safer than others; however, airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance (keep 6 feet apart from other people).

Considerations for types of travel



Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

AIR



Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.

BUS/TRAIN



Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.

CAR



You may have to stop less often for food or bathroom breaks, but RV travel typically means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

RV

Learn more about how to protect yourself from COVID-19 on different types of transportation on CDC's website [Protect Yourself When Using Transportation](#).

Protect yourself when using transportation?

Public transit, rideshares and taxis, micro-mobility devices, and personal vehicles

As schools, businesses, and community organizations begin providing services, consider ways that you can protect yourself and slow the spread of COVID-19 when using transportation. When you consider the following options, think about what is feasible, practical, and acceptable to you and meets your needs. Also see CDC's tips for how to stay safe while running errands.



Travelers Returning from Cruise Ship and River Cruise Voyages

CDC recommends that all people defer travel on cruise ships, including river cruises, worldwide. That's because the risk of COVID-19 on cruise ships is high. Older adults and people with serious chronic medical conditions, such as heart disease, diabetes, or lung disease, should especially defer travel on cruise ships, including river cruises, because of their increased risk for severe disease.

Passengers who return from a cruise ship or river cruise voyage are advised to stay home for 14 days, monitor their health, and practice social distancing.

CDC has issued a Level 3 Travel Health Notice for cruise ship travel.

Stay home for 14 days from the time you return home from a cruise ship or river cruise and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing. Use this temperature log pdf icon[PDF – 2 pages] to monitor your temperature.
2. Stay home and avoid contact with others. Do not go to work or school.
3. Keep your distance from others (about 6 feet or 2 meters).

CDC helping cruise ship travelers

Learn what CDC is doing to help cruise ship travelers during the COVID-19 pandemic.



Is it safe to travel to campgrounds/go camping?

Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities (like restrooms or picnic areas) at campsites or along the trails. Exposure may be especially unsafe if you are more likely to get very ill from COVID-19 and are planning to be in remote areas, without easy access to medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19.