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

- Keep your travel flexible 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

CDC Recommendations for Travel during COVID-19:


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:


- 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.
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.

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

All air passengers coming to the U.S., including U.S. citizens and fully vaccinated people, are required to:

- Show proof of being fully vaccinated against COVID-19 before you travel by air to the U.S. from a foreign country.
- Get a COVID-19 viral test (regardless of vaccination status) no more than 3 days before the flight’s departure from a foreign country.


WHERE WILL YOU GET TESTED BEFORE YOUR RETURN?

The US State Department has a website with country-specific related to COVID-19:

https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html

The webpage links to US Embassies abroad and provides information about COVID testing for US travel.

Consider CDC-approved video-monitored antigen self-tests:


Ellume: https://www.azova.com/testing/ellume/delta/

NOTE: False results may occur with antigen testing; asymptomatic persons with a positive result should be considered presumptively positive until confirmed by a PCR test, and symptomatic persons with a negative result should seek follow-up care locally.