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.

**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 1 day 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](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/](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.