CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

COVID-19

WEAR A MASK   STAY 6 FEET APART   AVOID CROWDS   GET A VACCINE

Domestic Travel During COVID-19

Updated Apr. 2, 2021   Print

> **Updated Information for Travelers**
>
> - Fully vaccinated travelers are less likely to get and spread COVID-19.
> - People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
>   - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
>   - Fully vaccinated travelers do not need to self-quarantine
> - Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
>   - Wear a mask over your nose and mouth
>   - Stay 6 feet from others and avoid crowds
>   - Wash your hands often or use hand sanitizer

CDC recommends delaying travel until you are fully vaccinated, because travel increases your chance of getting and spreading COVID-19. If you are not fully vaccinated and must travel, follow CDC's recommendations for unvaccinated people.

CDC will update these recommendations as more people are vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available.

This guidance applies to travel within the United States and U.S. territories.

Domestic Travel Recommendations for Fully Vaccinated People

People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States.

If you are fully vaccinated, take the following steps to protect others if you travel:

- ## Have You Been Fully Vaccinated?

  People are considered fully vaccinated:

  - 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
  - 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

  If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

  If you have a condition or are taking medication that weakens your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all precautions.

  During Travel
    - Wear a mask over your nose and mouth. **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
    - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
    - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After Travel
    - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
    - Follow all state and local recommendations or requirements.

You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

Domestic Travel Recommendations for Unvaccinated People

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:
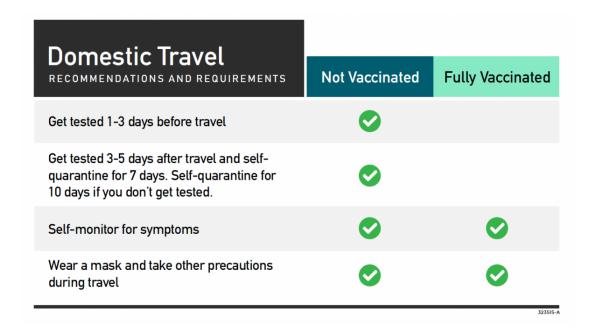
- Before you travel:

- Get tested with a viral test 1-3 days before your trip.
- While you are traveling:
  - Wear a mask over your nose and mouth. **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
  - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
  - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After you travel:
  - **Get tested** with a **viral test** **3-5 days** after travel **AND** stay home and self-quarantine for a full 7 days after travel.
    - Even if you test negative, stay home and self-quarantine for the full 7 days.
    - If your test is positive, isolate yourself to protect others from getting infected.
  - If you don't get tested, stay home and self-quarantine for 10 days after travel.
  - Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
  - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
  - Follow all state and local recommendations or requirements.
- Visit your state, territorial, tribal or local ⧉ health department's website to look for the latest information on where to get tested.

> Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test. Learn when it is safe for you to travel. Don't travel with someone who is sick.

Domestic Travel Recommendations Quick Reference

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Domestic Travel
RECOMMENDATIONS AND REQUIREMENTS

	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

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Traveling Internationally? Check CDC's COVID-19 Travel Recommendations by Destination before planning your trip.

Check Travel Restrictions

State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and quarantine requirements upon arrival. For up-to-date information and travel guidance, check the state or territorial and local health department where you are, along your route, and where you are going. Prepare to be flexible during your trip as restrictions and policies may change during your travel. Follow all state, local, and territorial travel restrictions.

If traveling by air, check if your airline requires any health information, testing, or other documents.

More Information

Know Your Travel Risk

Frequently Asked Questions about Travel and COVID-19

Travel Planner

COVID-19 Travel Recommendations by Destination

Protect Yourself When Using Transportation

International Travel During the COVID-19 Pandemic

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