



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



## COVID-19



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AVOID CROWDS



GET A VACCINE

# Travel: Frequently Asked Questions and Answers

Updated Apr. 2, 2021


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The COVID-19 pandemic is a rapidly evolving situation and CDC guidance is updated frequently.

## General


Check CDC's [Domestic Travel](#) or [International Travel](#) pages for the latest recommendations for fully vaccinated and unvaccinated travelers.

Can people who have recently recovered from COVID-19 travel? 


If you had COVID-19 in the past 3 months, follow all requirements and recommendations for [fully vaccinated travelers](#) except:

- You can show [documentation of recovery from COVID-19](#) instead of a negative test result before boarding an international flight to the United States.
- You do NOT need to be tested 3-5 days after travel to the United States unless you have [symptoms of COVID-19](#).

We know that people can continue to test positive for up to 3 months after they had COVID-19 and not be infectious to others.

What if I recently traveled and am sick? 


See CDC's website [What to Do If You Are Sick](#).

How can I protect myself from COVID-19 when using different types of transportation? 


See CDC's website [Protect Yourself When Using Transportation](#).

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## Domestic Travel

Can traveling to visit family or friends increase my chances of getting and spreading COVID-19? 

Yes. 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 [Domestic Travel](#) or [International Travel](#) recommendations for unvaccinated people.

Am I required to quarantine after domestic travel? 

CDC does not require travelers to undergo a mandatory federal quarantine. However, CDC recommends that **unvaccinated** travelers self-quarantine after travel for 7 days with a negative test and for 10 days if they don't get tested.

Check CDC's [Domestic Travel](#) pages for the latest recommendations for fully vaccinated and unvaccinated travelers.

Follow all [state and local](#) recommendations or requirements.

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## International Travel

## How does CDC determine the COVID-19 Travel Health Notice Level of a destination?

CDC reviews data reported to the World Health Organization daily to determine a destination's COVID-19 Travel Health Notice level. There are a few factors that CDC considers when determining the level of a destination. To find out more about the COVID-19 Travel Health Notice levels, visit [How CDC Determines the Level for COVID-19 Travel Health Notices](#).

These notices offer travel recommendations based on the level of COVID-19 in a destination. To learn more about COVID-19 travel recommendations for a specific destination, visit [COVID-19 Travel Recommendations by Destination](#).

## How often are international travel recommendations related to COVID-19 updated?

Recommendations are updated weekly. CDC reviews data reported to the World Health Organization daily to determine a destination's COVID-19 Travel Health Notice level and makes appropriate level changes once a week. To find out more about the COVID-19 Travel Health Notice levels, visit [How CDC Determines the Level for COVID-19 Travel Health Notices](#).

## What restrictions do other countries have in place that might affect US travelers?

Check with your destination's Office of Foreign Affairs or Ministry of Health or the [U.S. Department of State, Bureau of Consular Affairs, Country Information](#)  for details about entry requirements and restrictions for arriving travelers.

## Does CDC require COVID-19 testing before coming to the United States?

All air passengers coming to the United States, **including U.S. citizens and fully vaccinated people**, **are required** to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.

### Does CDC require quarantine after international travel?

CDC does not require travelers to undergo a mandatory federal quarantine. However, CDC recommends that **unvaccinated** travelers self-quarantine after travel for 7 days with a negative test and for 10 days if they don't get tested.

Check CDC's [International Travel](#) pages for the latest recommendations for vaccinated and unvaccinated travelers.

Follow all [state and local](#) recommendations or requirements.

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## Air or Cruise Travel

### Can flying on an airplane increase my risk of getting COVID-19?

Yes. 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.

### Do I have to wear a mask when I travel?

[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.

## What happens if there is a sick passenger on an international or domestic flight?

Under current federal regulations, pilots must report all illnesses and deaths to CDC before arriving to a U.S. destination. According to CDC protocols, if a sick traveler has a contagious disease that is a risk to others on board the airplane, CDC works with local and state health departments and international public health agencies to contact exposed passengers and crew.

Be sure to give the airline your current contact information when booking your ticket so you can be notified if you are exposed to a sick traveler on a flight.

For more information, see the CDC webpage [Protecting Travelers' Health from Airport to Community: Investigating Contagious Diseases on Flights](#).

## Should I delay going on a cruise?

Yes. CDC recommends that all travelers [avoid all cruise ship travel worldwide](#), including river boats. Reports of COVID-19 on cruise ships highlight the risk of infection to cruise ship passengers and crew. Like many other viruses, COVID-19 appears to spread more easily between people in close quarters aboard ships. At this time, cruise ship passenger operations remain suspended in U.S. waters under CDC's [Framework for Conditional Sailing Order](#).

For information about traveling in the United States: [Travel During the COVID-19 Pandemic](#)

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