



## COVID-19

# Domestic Travel During COVID-19

Information for People Traveling within the United States and U.S. Territories

Updated Feb. 25, 2022

CDC's new [COVID-19 Community Levels](#) recommendations do not change current travel requirements, including the requirement to wear masks on public transportation and indoors in U.S. transportation hubs.

## What You Need to Know

- Delay travel until you are [up to date](#) with your COVID-19 vaccines.
- Check your destination's COVID-19 situation before traveling. State, tribal, local, and territorial governments may have travel restrictions in place.
- Wearing a mask over your nose and mouth is required in indoor areas of public transportation (including airplanes) and indoors in U.S. transportation hubs (including airports).
- Do not travel if you are sick, tested positive for COVID-19 and haven't ended isolation, had close contact with a person with COVID-19 and haven't ended quarantine, or are waiting for results of a COVID-19 test.
- If you are not up to date with your COVID-19 vaccines and must travel, get tested both before and after your trip.

## If you are NOT up to date with your COVID-19 vaccines

- Delay travel until you are [up to date](#) with your COVID-19 vaccines.
  - Getting vaccinated is still the best way to protect yourself from severe disease and slow the spread of COVID-19.
- Get tested before you travel.
  - Get a [viral test](#) as close to the time of departure as possible (no more than 3 days) before you travel.
  - [Isolate](#) if you test positive or develop COVID-19 symptoms.
- Follow additional recommendations [before](#), [during](#), and [after](#) travel.

## Before You Travel

Make sure to plan ahead:

- Check the current [COVID-19 situation at your destination](#).
- Make sure you understand and follow all state, tribal, local, and territorial travel restrictions, including proper mask wearing, proof of vaccination, testing, or quarantine requirements.
  - For up-to-date information and travel guidance, check the [state, tribal, local and territorial](#) health department's website where you are, along your route, and where you are going.

- If traveling by air, check if your airline requires any testing, vaccination, or other documents.
- Prepare to be flexible during your trip as restrictions and policies may change during your travel.



## Testing

### RECOMMENDED

If you are **NOT up to date with your COVID-19 vaccines**, get tested with a [viral test](#) as close to the time of departure as possible (no more than 3 days) before you travel.

- [Check COVID-19 testing locations near you](#)

### Do NOT travel if...

- You are [sick](#), even if you recovered from COVID-19 within the past 90 days or are up to date with your COVID-19 vaccines.
- You [tested positive](#) for COVID-19.
  - Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no [symptoms](#).
- You are waiting for results of a COVID-19 test.
- You had close contact with a person with COVID-19 and **are recommended** to [quarantine](#).
  - Do not travel until a full 5 days after your last close contact with the person with COVID-19. It is best to avoid travel for a full 10 days after your last exposure.
  - If you must travel during days 6 through 10 after your last exposure:
    - [Get tested](#) at least 5 days after your last close contact. Make sure your test result is negative and you remain without [symptoms](#) before traveling. If you don't get tested, avoid travel until a full 10 days after your last close contact with a person with COVID-19.
    - Properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during days 6 through 10. If you are unable to wear a mask, you should not travel during days 6 through 10.

### If you had close contact with a person with COVID-19 but are NOT recommended to [quarantine](#)...

- [Get tested](#) at least 5 days after your last close contact. Make sure your test result is negative and you remain without [symptoms](#) before traveling.
  - If you had confirmed COVID-19 within the past 90 days, you do NOT need to get tested, but you should still follow all other recommendations (including if you develop COVID-19 symptoms).
- If you travel during the 10 days after your last exposure, properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.

## During Travel



## Masks

### REQUIRED

- [Wearing a mask over your nose and mouth is required](#) in indoor areas of public transportation (including on airplanes, buses, trains, and other forms of public transportation) traveling into, within, or out of the United States and indoors in U.S. transportation hubs (including airports and stations). Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



## Protect Yourself and Others

### RECOMMENDED

- Follow all [state, tribal, local, and territorial health recommendations and requirements](#) at your destination, including properly wearing a [well-fitting mask](#) and following [recommendations for protecting yourself and others](#).
- Travelers 2 years of age or older should wear well-fitting masks in indoor public places if they:
  - Are in an area where the [COVID-19 Community Level](#) is high
  - Are immunocompromised or at high risk for severe disease
- In general, you do not need to wear a mask in outdoor settings.
  - In areas with [high numbers of COVID-19 cases](#), consider properly wearing a [well-fitting mask](#) in crowded outdoor settings and for activities with close contact with others who are not [up to date](#) on their COVID-19 vaccines.
- [Wash your hands](#) often with soap and water or use [hand sanitizer](#) with at least 60% alcohol.

## After Travel

You might have been exposed to COVID-19 on your travels. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others.



## If you are NOT Up to Date with your COVID-19 Vaccines

### RECOMMENDED

#### Self-quarantine and get tested after travel:

- Get tested with a [viral test](#) 3-5 days after returning from travel.
  - Check [for COVID-19 testing locations near you](#) [↗](#).
- Stay home and self-quarantine for a full **5 days** after travel.
- Follow additional recommendations below for ALL travelers.



## ALL Travelers

### RECOMMENDED

- Self-monitor for [COVID-19 symptoms](#); isolate and get [tested](#) [↗](#) if you develop symptoms.
- Follow all [state, tribal, local, and territorial](#) recommendations or requirements after travel.

### If Your Test is Positive or You Develop [COVID-19 Symptoms](#)

- [Isolate](#) yourself to protect others from getting infected. Learn [what to do](#) and [when it is safe to be around others](#).



## If You Recently Recovered from COVID-19

You do NOT need to get tested or quarantine if you recovered from COVID-19 in the past 90 days. You should still follow all other travel recommendations. If you develop [COVID-19 symptoms](#) after travel, [isolate](#) and consult with a healthcare provider for testing recommendations.

Frequently Asked Questions about Travel and COVID-19

Protect Yourself and Loved Ones When Gathering with Friends and Family

International Travel