



Domestic Travel During COVID-19

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

Updated Aug. 24, 2022

What You Need to Know

- **Protect yourself and others from COVID-19:**
 - Get [up to date](#) with your COVID-19 vaccines before you travel.
 - Consider getting tested [before](#) travel.
 - Follow CDC's [recommendations for wearing masks in travel and public transportation settings](#).
 - Get tested [after travel](#) if your travel involved situations with greater risk of exposure such as being in crowded places while not wearing a high-quality [mask](#) or respirator.
- Check your destination's [COVID-19 Community Level](#) before traveling. State, tribal, local, and territorial governments may have travel restrictions in place.

Before You Travel

Make sure to plan ahead:

- Get [up to date](#) with your COVID-19 vaccines before you travel.
 - Find out [when you can get your booster](#) and where to get a [vaccine or booster](#).
 - COVID-19 vaccines are effective at protecting people—especially those who are boosted— from getting seriously ill, being hospitalized, and even dying.
- Check the current [COVID-19 Community Level at your destination](#).
 - If traveling to an area with high or medium COVID-19 Community Levels, and you are, live with, or are visiting someone who is at [higher risk of getting very sick](#), learn [how to protect yourself and them](#).
- Make sure you understand and follow all state, tribal, local, and territorial travel restrictions, including proper mask wearing, proof of vaccination, or testing 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.
- If you have a [weakened immune system](#) or [are at increased risk for severe disease](#), take multiple prevention steps to provide additional layers of protection from COVID-19 even if you are up to date with your COVID-19 vaccines.
 - Talk to your healthcare provider about your risk before travel and consider delaying travel to areas with high COVID-19 Community levels. Even if you are up to date, you should know what [precautions](#) to take.



COVID-19 County Check

Find community levels and prevention steps by county. Data updated weekly.

Select a Location (all fields required)

State



County



Go

View CDC's [full list of individual and community recommendations](#) for each level.



Testing

RECOMMENDED

- Consider getting tested with a [viral test](#) as close to the time of departure as possible (no more than 3 days) **before** travel.
 - Make sure you know your test results before travel.
 - Don't travel if your test result is positive.
 - Find a [COVID-19 testing location near you](#) [↗](#) or use a [self-test](#).
 - If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).

Can I travel if ...?

I am sick with or [tested positive](#) for COVID-19.

- Do NOT travel.
- Follow recommendations for [isolation](#).

I have ended isolation but still need to continue wearing my mask per [CDC's guidance](#).

- Do not travel on public transportation such as airplanes, buses, and trains if you will not be able to wear a high-quality mask or respirator when around others indoors for the full duration of your trip.
- If you travel, wear a high-quality [mask](#) or respirator the entire time you are around others indoors.
- Traveling by private vehicle (if possible) can lower the chances of spreading COVID-19 to others.

I was exposed to a person with COVID-19 in the past 10 days.

- Follow [CDC guidance](#), including getting tested at least 5 full days after your last exposure.
- Do not travel on public transportation such as airplanes, buses, and trains if you will not be able to wear a high-quality mask or respirator when around others indoors for the full duration of your trip.
- If you travel, wear a high-quality [mask](#) or respirator the entire time you are around others indoors.
- Traveling by private vehicle (if possible) can lower the chances of spreading COVID-19 to others.

During Travel

Protect Yourself and Others



RECOMMENDED

- Follow CDC's [recommendations for wearing masks in travel and public transportation settings](#).
- Follow [recommendations for protecting yourself and others](#).
- Follow all [state, tribal, local, and territorial health recommendations and requirements](#) at your destination.

After Travel



ALL Travelers

RECOMMENDED

- Get tested with a [viral test](#) if your travel involved situations with [greater risk of exposure](#) such as being in crowded places while not wearing a high-quality mask or respirator.
 - Find a [COVID-19 testing location near you](#) [↗](#) or use a [self-test](#).
 - If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).
- Monitor yourself for [COVID-19 symptoms](#).
- Follow [additional guidance](#) if you know you were exposed to a person with COVID-19.
- Follow all [state, tribal, local, and territorial](#) recommendations or requirements after travel.
- If you are going to be around someone who is at [higher risk of getting very sick](#) with COVID-19, [consider additional precautions](#).

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.

Summary of Recent Changes

Updates as of April 18, 2022

As a result of a court order, effective immediately and as of April 18, 2022, CDC's January 29, 2021, [Order](#) requiring masks on public transportation conveyances and at transportation hubs is no longer in effect. Therefore, CDC will not enforce the Order. CDC continues to [recommend](#) that people wear high-quality masks in indoor public transportation settings at this time.

More Information

[Frequently Asked Questions about Travel and COVID-19](#)

[International Travel](#)