

# Coronavirus Disease 2019 (COVID-19)

MENU >



## Know Your Travel Risk

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**Travel increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.**

- Some travel activities, like staying at guest lodgings, can increase your risk of getting COVID-19. Your chances of exposure are higher if you come into close contact with others, especially people you don't know, or use shared public facilities (like restrooms or picnic areas).
- Doing things and spending time with people you live with is less risky than doing things and spending time with people not from your household.
- COVID-19 is spreading in the [United States](#). Visiting parts of the country where there are fewer cases of COVID-19 may be less risky than visiting parts of the country where there are more cases of COVID-19.

	Lowest Risk	Lower Risk	Medium Risk	Medium-high risk	High risk
<b>Transportation</b>	<ul style="list-style-type: none"> <li>• Short trips by car with no stops along the way</li> <li>• Household members only</li> </ul>	<ul style="list-style-type: none"> <li>• Longer trips by car with 1 or more stops along the way</li> <li>• Household members only</li> </ul>	<ul style="list-style-type: none"> <li>• Public transportation (e.g., train or bus)</li> <li>• Flights*</li> <li>• Traveling with people not from your household</li> </ul>	Flights*	<ul style="list-style-type: none"> <li>• Flights with layovers*</li> <li>• Traveling on a cruise ship or river boat</li> </ul>
<b>Lodgings</b>	A house or cabin with people from	Hotels or multi-unit guest	Staying at a family member's or	Shared spaces with some	Shared spaces with many

	your household (e.g., vacation rentals)	lodgings with people from your household**	friend's home**	people outside your household, (e.g., shared hotel rooms with family outside of your household or hostels with friends)	people outside your household (e.g., dormitory-style hostels)
<b>Food</b>	Bring your own food and drinks	Use drive-thru, delivery, take-out, and curbside pick-up options	<ul style="list-style-type: none"> <li>• Eat outside at a restaurant with social distancing</li> <li>• Servers and restaurant staff wear masks</li> </ul>	<ul style="list-style-type: none"> <li>• Eat inside at a restaurant with social distancing</li> <li>• Servers and restaurant staff wear masks</li> </ul>	<ul style="list-style-type: none"> <li>• Eat inside at a restaurant with little social distancing</li> <li>• Servers and restaurant staff do not wear masks</li> </ul>
<b>Camping</b>	Camping with people from your household only and not sharing bathroom facilities with individuals outside of your household	Camping in separate tents or cabins with shared facilities where distancing >6 feet is possible	Camping in separate tents or cabins with shared facilities that are crowded	Sharing tents or cabins and facilities with persons outside of your household	Camping in large dormitory-style settings with persons outside of your household

\* 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 sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19. Factors that may increase risk of air travel include flight duration and whether others onboard are wearing masks.

\*\* Based on individual circumstances and risk assessments (staying at a family member's or friend's home may be less risky than staying at a hotel or multi-unit guest lodging with people from your household)

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)