



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

Coronavirus Disease 2019 (COVID-19)



After You Travel Internationally

Updated Nov. 21, 2020

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You
may
have
been

GLOBAL HEALTH ALERT: COVID-19

You may have been exposed to COVID-19 while traveling.
Watch your health for symptoms. Even with no symptoms, you can spread the virus to others.

PROTECT OTHERS FROM GETTING SICK:

Keep 6 ft/2 m apart from others.

Wear a mask.

Wash your hands often.

Close contact activities put you at risk for exposure to COVID-19.
If you think you may have been exposed while you traveled, take extra care for 14 days after travel:

- Stay home as much as possible.
- Avoid being around people, especially those at higher risk for severe illness from COVID-19.
- Consider getting tested for COVID-19.

For more information: www.cdc.gov/COVIDtravel



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exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus.

Regardless of where you traveled or what you did during your trip, take these everyday actions to protect others from getting COVID-19:

- When you are around others, [stay at least 6 feet](#) (about 2 arm lengths) from anyone who did not travel with you, particularly in crowded areas. It's important to do this everywhere — both indoors and outdoors.
- [Wear a mask](#) to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using [public transportation](#).
- If there are people in the household who did not travel with you, [wear a mask](#) and ask everyone in the household to wear masks in shared spaces inside your home for 14 days after travel.
- [Wash your hands](#) often or use hand sanitizer with at least 60% alcohol.
- Watch your health: Look for [symptoms](#) of COVID-19, and take your temperature if you feel sick.

Always follow [state and local](#) recommendations or requirements related to travel.

Get Tested After Higher Risk Travel

Testing before and after travel can reduce the risk of spreading COVID-19. Testing does not eliminate all risk, but when paired with a period of staying at home and everyday precautions like [wearing masks](#) and [social distancing](#), it can make travel safer by reducing spread on planes, in airports, and at travelers' destinations.

If you participated in higher-risk activities during your international travel, take the everyday actions listed above **AND** do the following after travel:

- [Get tested](#) 3-5 days after travel **AND** stay home for 7 days after travel.
 - Even if you test negative, stay home for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home for 14 days after travel.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
- Always follow [state and local](#) recommendations or requirements related to travel.

Higher Risk Activities

The following are some activities that put you at [higher risk for COVID-19](#):

- Travel from a country or U.S. territory with a Level 2, Level 3, or Level 4 [Travel Health Notice](#).
- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds like in restaurants, bars, fitness centers, or movie theaters.
- Taking public transportation like trains or buses or being in transportation hubs like airports.
- Traveling on a cruise ship or river boat.

What to Do if You Get Sick After Travel or Test Positive

If you get sick with fever, cough, or other [symptoms of COVID-19](#) or test positive:

- [Stay home](#) and [take other precautions](#). Avoid contact with others until it's safe for you to [end home isolation](#).
- Don't travel when you are sick.
- You might have COVID-19. If you do, know that most people are able to recover at home without medical care.
- Stay in touch with your doctor. Call before you go to a doctor's office or emergency room and let them know you might have COVID-19.
- If you have [an emergency warning sign](#) (including trouble breathing), get emergency medical care immediately.
- If you live in close quarters with others, take [additional precautions](#) to protect them.

If you have a medical appointment that cannot be postponed, call your doctor's office and tell them you have or may have COVID-19. This will help the office protect themselves and other patients. See CDC's [page on What to Do If You Are Sick](#) for more details.

Additional Resources

[List of Health Department Phone Numbers](#)

[Testing and International Air Travel](#)

[Travel during the COVID-19 Pandemic](#)

[Travel Planner](#)

[About Coronavirus Disease 2019 \(COVID-19\)](#)

[Frequently asked Questions and Answers about COVID-19](#)

[Travel Recommendations by Destination](#)

[Travel in the United States](#)

[Frequently asked Questions and Answers for Travelers](#)

[Wear Face Masks on Public Transportation](#)

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