

Domestic Travel Guidance

- **CDC does not require that domestic travelers undergo a mandatory federal quarantine, but does recommend travelers do the following after domestic travel**
 - Get tested with a viral test 3-5 days after travel AND reduce non-essential activities for 7 days.
 - Even if you test negative, reduce non-essential activities for a full 7 days after travel.
 - If your test is positive, isolate yourself to protect others from getting infected
- **Also take these actions for 14 days after you return from travel to protect others from getting COVID-19:**
- **Always follow state and local recommendations or requirements related to travel.**
 - Practice social distancing
 - Avoid at-risk individuals
 - Wear a mask
 - Watch your health
 - Wash your hands
 - If you get sick, Isolate



For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>
