

The CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of coronavirus disease (COVID-19) have been reported in many states, and some areas are experiencing community spread of the disease. Crowded travel settings, like airports, may increase chances of getting COVID-19, if there are other travelers with coronavirus infection. There are several things you should consider when deciding whether it is safe for you to travel.

## THINGS TO CONSIDER BEFORE TRAVEL

### **Q** Is COVID-19 spreading in the area where you're going?

**A** If COVID-19 is spreading in your destination, but not where you live, you may be more at risk of infection than if you stayed home. If you have questions about your destination, check the local health department website in that area for more information.

### **Q** Will you or your travel companion(s) be in close contact with others during your trip?

**A** Your risk of exposure to respiratory viruses like coronavirus may increase in crowded settings, particularly closed-in settings with little air circulation. This may include settings such as conferences, public events (like concerts and sporting events), religious gatherings, public spaces (like movie theaters and shopping malls), and public transportation (like buses, metro, trains).

### **Q** Are you or your travel companion(s) more likely to get severe illness if you get COVID-19?

**A** People at high risk of severe disease are [older adults and people of any age with serious chronic medical conditions](#) (like heart and lung disease or diabetes). CDC recommends [travelers at high risk for COVID-19 complications](#) avoid all cruise and nonessential air travel.

### **Q** Do you have a plan for taking time off from work or school, in case you are told to stay home for 14 days for self-monitoring or if you get sick with COVID-19?

**A** If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel. If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious. You will be asked to avoid contact with others (including being in public places) during this period of infectiousness.

### **Q** Do you live with someone who is older or has a serious, chronic medical condition?

**A** If you get sick with COVID-19 upon your return from travel, your household contacts may be at risk of infection. Household contacts who are [older adults or persons of any age with severe chronic medical conditions](#) are at higher risk for severe illness from COVID-19.

### **Q** Is COVID-19 spreading where I live when I return from travel?

**A** Consider the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with people who are [older adults or have severe chronic health condition](#). These people are at higher risk of getting very sick. If your symptoms are mild or you don't have a fever, you may not realize you are infectious.

### **Q** Are there adequate Healthcare services in the area I am traveling to?

**A** Health systems are designed to support populations that reside in that local area and may be taxed during peak travel seasons. Additional patients may quickly overwhelm the health system in that area. Local healthcare providers will not have immediate access to your health records, potentially delaying appropriate treatment and increasing your risk.

If your unique circumstances still require you to travel, [take steps](#) to help prevent getting and spreading COVID-19 and other respiratory diseases during travel and when you come home. For the most up-to-date COVID-19 travel information, visit [CDC COVID-19 Travel page](#).

**Call Nurse On Call at 1-800-848-5533 with questions.**