**Is it safe to travel?**

**Traveling carries risks, but there are ways to maximize your safety.**

Travel, like many daily activities, carries a risk of contracting COVID-19. There are several things you can do to maximize your safety, including following important health protocols before and during travel and after reaching your destination.

For more information, refer to the CDC’s guidelines for travel during the COVID-19 pandemic.

**Test before you travel.**

- Anyone at risk of being infected with COVID-19 should consider taking a COVID-19 test.
- Plan ahead to ensure you receive testing results before traveling. Some destinations require proof of a negative COVID-19 test or a period of self-quarantine upon entry. Confirm the requirements of your destination.
- Get tested at the right time. A person who was exposed one to two days prior to travel would almost certainly test negative but could still actually be contagious on the days that follow.
- A negative test does not guarantee that you are not infected with COVID-19; you must continue to take all possible safety precautions.
- If you receive a positive test result beforehand, you should not attend in-person gatherings.

**Do your research.**

- Consider the virus’ prevalence in your destination. Check each state’s cases in the last 7 days here.
- Limit your contact with other people for at least 14 days before you go, because any exposure may disrupt your ability to travel.
- Some destinations have entry requirements and restrictions on travelers. Be familiar with your destination’s requirements. For domestic travel, view requirements here. For international travel, view requirements here.
- View the complete list of CDC travel guidelines here.

**Determine if you are putting others at risk by traveling.**

- You should avoid travel if you or someone in your household is high-risk for complications from COVID-19.
- Do not travel if you or anyone in your household:
  - Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others.
  - Is waiting for COVID-19 viral test results.
  - May have been exposed to someone with COVID-19 in the last 14 days.