

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](#).
 - Has [symptoms](#) of COVID-19.
 - Is waiting for COVID-19 [viral test](#) results.
 - May have been [exposed to someone with COVID-19 in the last 14 days](#).

