Domestic Travel During the COVID-19 Pandemic

Updated Dec. 2, 2020

**COVID-19 Alert: Cases are Rising**

COVID-19 cases, hospitalizations, and deaths across the United States are rising. As cold weather moves in, people spend more time indoors. As the holidays approach, take steps to slow the spread of COVID-19. Wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands often. The more steps you take, the more you are protected against COVID-19.

You and your travel companions (including [children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html)) may feel well and not have any symptoms, **but you can still spread COVID-19 to family, friends, and community after travel.**

If You Decide to Travel

Consider testing

Testing could improve traveler safety.

**The safest thing to do is to stay home**, but if you do decide to travel, testing can help you do so more safely. You and your travel companions (including [children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html)) may feel well and not have any symptoms, but you can still spread COVID-19 to others in busy travel environments **like in airports, and bus and train stations. You can also spread it to family, friends, and your community after travel.** Testing does not eliminate all risk, but it can help make travel safer.

* If you are traveling, consider getting tested with a [viral test](https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html) 1-3 days before your trip. **Also consider getting tested with a viral test 3-5 days after your trip and reduce**[**non-essential activities**](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html)**for a full 7 days after travel, even if your test is negative. If you don’t get tested, consider reducing non-essential activities for 10 days after travel.**
* Keep a copy of your test results with you during travel; you may be asked for them.
* **Do not travel if you test positive**; immediately [isolate](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html) yourself, and follow [public health recommendations](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html).
* You may have been exposed to COVID-19 on your travels. You and your travel companions (including [children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html)) may pose a risk to your family, friends, and community. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting COVID-19 **for 14 days after travel**:
	+ [Stay at least 6 feet/2 meters](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) (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](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html) to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using [public transportation](https://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html).
	+ If there are people in the household who did not travel with you, [wear a mask](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) and ask everyone in the household to wear masks in shared spaces inside your home.
	+ [Wash your hands](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html) often or use hand sanitizer with at least 60% alcohol.
	+ Avoid being around people who are at [increased risk for severe illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html).
	+ Watch your health: Look for [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) of COVID-19, and take your temperature if you feel sick.