

EMU follows the CDC Guidelines for International and Domestic Travel

Return to U.S. After International Travel

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. **You and your travel companions (including children) may pose a risk to your family, friends, and community after your travel.**

FULLY VACCINATED TRAVELERS

- Get tested with a [viral test](#) 3-5 days after travel.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

UNVACCINATED TRAVELERS

- [Get tested](#) with a [viral test](#) 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.

Return from Domestic Travel

The CDC does not require that domestic travelers undergo a mandatory federal quarantine, but CDC recommends you get tested AND stay home and self-quarantine after travel.

FULLY VACCINATED TRAVELERS

You do NOT need to get tested or self-quarantine **if you are fully vaccinated** or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
 - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
 - Fully vaccinated travelers do not need to self-quarantine
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
 - Wear a mask over your nose and mouth

- Stay 6 feet from others and avoid crowds
- Wash your hands often or use hand sanitizer

UNVACCINATED TRAVELERS

Eastern strongly recommends that **unvaccinated** individuals follow the same steps for return from domestic travel as outlined for international travel, especially for travel from states with high incidence of positive COVID-19 cases.