COVID-19: SAFE TRAVEL GUIDANCE

The Louisiana Department of Health (LDH) and the Centers for Disease Control and Prevention (CDC) recommend delaying all travel until persons are fully vaccinated. While vaccination efforts are underway, safe travel is of utmost importance to prevent introduction of variant strains into Louisiana — particularly because travel itself (especially the use of shared spaces in planes, buses, railways or boats) can increase a person’s chance of spreading and/or infecting themselves with COVID-19.

TRAVEL REQUIREMENTS

- All travelers should follow CDC Travel Guidance for Domestic Travel and International Travel, as well as follow state and local guidance including CDC public health recommendations.
- Masks are required for travelers 2 years of age or older and should be worn over the nose and mouth in indoor areas of public transportation (including airplanes) and indoors in US transportation hubs (including airports).
- International air passengers must show a negative COVID-19 viral test result taken no more than 1 day before travel to the United States or proof of recovery within the last 90 days.
- Do not travel if you have been exposed to COVID-19, you are sick, or if you test positive for COVID-19.
- All travelers should self-monitor for symptoms of COVID-19; isolate and get tested if you develop symptoms.

UNVACCINATED TRAVELERS

- Postpone all travel until you are fully vaccinated.
- If you must travel, get tested with a viral test 1 – 3 days before travel and 3 – 5 days after travel. If you are returning to the United States, you are required to show a negative COVID-19 test result taken no more than 1 day before travel.
- Masks are required while traveling on any form of public transportation such as planes, buses, trains and boats. Please consider wearing masks in crowded outdoor settings.
- Remember to social distance where possible, and frequently wash hands with soap and water or use hand sanitizer (with at least 60% alcohol).
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- After travel, **self-quarantine** for 7 days even if you test negative by a viral test 3 – 5 days after travel. If you do not get tested with a viral test, you will need to self-quarantine for 10 days.

**FULLY VACCINATED TRAVELERS**
- **Fully vaccinated** means it has been two weeks since your final vaccine dose (after 2nd shot for Pfizer and Moderna or after 1st shot for Johnson & Johnson vaccine).
- Fully vaccinated travelers are less likely to get and spread COVID-19.
- **Masks are required** while traveling on any form of public transportation such as planes, buses, trains and boats.
- You are not required to test before or after domestic travel, but before boarding a flight to the United States, you are required to show a negative COVID-19 test result taken no more than 1 day before travel.
- You are not required to quarantine, but you should self-monitor for symptoms related to COVID-19 during or after travel.
- In the unlikely event you develop symptoms of COVID-19 during or after travel, **isolate** yourself and **get tested**.

**CDC LINKS**
- [CDC Travel Planner by City, Zip Code or Address](https://www.cdc.gov/travel/)
- [CDC Travel Map by Destination](https://www.cdc.gov/travel/)
- [CDC Travel Guidance Frequently Asked Questions (FAQ) and Answers](https://www.cdc.gov/travel/)
- [CDC Travel Guidance Infographics (English, Spanish, Vietnamese, etc.)](https://www.cdc.gov/travel/)

**TRAVEL NOTICES AND ADVISORIES**
- [Global Travel Advisories by the U.S. Department of State (DOS)](https://travel.state.gov)
- [Travelers Prohibited from Entry to the United States (CDC)](https://travel.state.gov)
- [Arrival Restrictions by Department of Homeland Security (DHS)](https://www.cdc.gov/travel/)
## SAFE TRAVEL CHECKLIST

### Domestic Travel

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Not Vaccinated</th>
<th>Fully Vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get tested 1-3 days before travel</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don’t get tested.</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Self-monitor for symptoms</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Wear a mask and take other precautions during travel</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

### International Travel

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Not Vaccinated</th>
<th>Fully Vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get tested 1-3 days before traveling out of the US</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Mandatory test required 1 day before flying to US</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Get tested 3-5 days after travel</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Self-quarantine after travel for 7 days with a negative test or 10 days without test</td>
<td>✔️</td>
<td>✔️</td>
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<td>Self-monitor for symptoms</td>
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