

# COVID-19: SAFE TRAVEL GUIDANCE

UPDATED: 09/28/21



The Louisiana Department of Health (LDH) and the Centers for Disease Control and Prevention (CDC) recommend delaying non-essential 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 getting COVID-19.

In accordance with the CDC, LDH is making the following recommendations:

- Postpone non-essential travel until you are fully vaccinated.
- All travelers should follow [CDC Travel Guidance](#) for Domestic Travel and International Travel.
- International air passengers are required to have a negative COVID-19 test result or documentation of recovery before they can board a flight to the United States.
- All travelers who test positive or develop [symptoms of COVID-19](#) should isolate and follow [public health recommendations](#).

## DEFINITION OF ESSENTIAL TRAVEL

Essential travel is related to operation, maintenance or usage of critical infrastructure or travel that is required by law, such as:

- Critical infrastructure (ex: water supply, power grid, etc.)
- Economic services (ex: banking)
- Supply chains (ex: food distribution)
- Healthcare and immediate medical care
- Safety and security
- Work and study

## UNVACCINATED TRAVELERS

- Avoid non-essential travel.
- If you must travel, [get tested](#) 1-3 days before travel and 3-5 days after travel.
- [Masks are required](#) while traveling on any form of public transportation such as planes, buses, trains and boats.

# COVID-19: CURRENT TRAVEL GUIDANCE



- Remember to social distance where possible, and frequently wash hands with soap and water or use hand sanitizer.
- After travel, [self-quarantine](#) for 7 days even if you test negative. If you do not get tested, 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 (2nd shot for Pfizer and Moderna or 1st shot after Johnson & Johnson's Janssen vaccine).
- You can travel safely within the U.S. and Louisiana because you are less likely to become infected or 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 or quarantine before or after travel, 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](#)
- [CDC Travel Map by Destination](#)
- [CDC Travel Guidance Frequently Asked Questions \(FAQ\) and Answers](#)
- [CDC Travel Guidance Infographics \(English, Spanish, Vietnamese, etc.\)](#)

## TRAVEL NOTICES AND ADVISORIES

- [Global Travel Advisories by the U.S. Department of State \(DOS\)](#)
- [Travelers Prohibited from Entry to the United States \(CDC\)](#)
- [Arrival Restrictions by Department of Homeland Security \(DHS\)](#)

# COVID-19: CURRENT TRAVEL GUIDANCE

## SAFE TRAVEL CHECKLIST

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS		
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

International Travel RECOMMENDATIONS AND REQUIREMENTS		
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓