

# COVID-19:

## SAFE TRAVEL GUIDANCE

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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](#)
- [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 \(DHS\)](#)

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## 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 1 day 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	✓	✓