

When should I get tested? International Travel

TRANSCRIPT

[upbeat music]

[Narration]

When should you get tested for COVID-19?

Your family is taking a trip to another country. The CDC recommends getting tested before and after travel. Visit the CDC website (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>) for the most up to date requirements and recommendations for traveling.

Some countries may also require you to test before you travel or require that you are vaccinated. Be sure to check the requirements of your specific travel destination. (<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>)

Additionally, when returning to the United States, all travelers **must** show a negative COVID-19 test taken no more than **one** day before travel.

Do NOT travel if you are sick or if you tested positive for COVID-19 and it has not yet been 10 days since you developed symptoms or got tested.

Do NOT travel if you have recently had close contact with a person with COVID-19. Get tested five days after exposure and do not travel until you've completed your quarantine and 10-day masking period.

Do NOT travel if you are waiting for results of a COVID-19 test. If your test comes back positive while you are at your destination, you will need to isolate and postpone your return until it's safe for you to end isolation. Your family and close contacts may also need to quarantine.

If you do not have all the recommended COVID-19 vaccinations, you should not travel internationally. If you must travel, get tested as close as possible to the time of your departure, no more than three days before your trip.

In this case, your family leaves on a Wednesday. All family members who have not had all recommended COVID-19 vaccines should get tested Sunday, Monday, or Tuesday before your trip.

In addition, *everyone* should get tested three to five days **after** traveling internationally unless they tested positive for COVID-19 within the last 90 days.

You and your family return from the trip on a Friday. All of you should get tested Monday, Tuesday, or Wednesday. If you develop symptoms, get tested immediately.

Travelers who have not had all recommended COVID-19 vaccinations should also stay home (quarantine) for 5 days after international travel. People who have had all recommended

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COVID-19 vaccinations or have had COVID-19 in the past three months do not need to quarantine.

To learn more about other times when you should get tested, and where to get tested, visit the MDH COVID-19 Testing webpage.

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

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2/2/22

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