STAY SAFE MN

Prevent the spread of COVID-19 variants during travel

3/3/2022

COVID-19 variants spread more easily and quickly and may make you very sick. Vaccines, treatments, or immunity from a prior COVID-19 infection may not be as effective against some variants, so preventing the spread of these variants in the community is very important.

Until you are up to date on with COVID-19 vaccines, do not travel internationally and delay travel within the United States.

Do not travel if:

- You have been close to someone with COVID-19.

- You are sick.

- You are waiting for results of a COVID-19 test.

Help prevent the spread of COVID-19 by delaying travel until you are up to date with your COVID-19 vaccines. However, if you must travel and are not vaccinated, follow public health recommendations below.

Before you travel: Get tested 1-3 days before you travel. If traveling internationally, check with your airline and final destination to see how much time in advance you will need to take your test.

Before returning to the United States: A negative test must be shown no more than one day (24 hours) before returning to the United States.

Test results generally come back between 24-72 hours, but can sometimes take longer. Make sure to leave enough time between getting tested and getting your test results back. Some testing locations may be able to get your test results to you faster, call ahead first to check.

Find Testing Locations (mn.gov/covid19/get-tested/testing-locations/index.jsp) in Minnesota.

Prevent the spread of COVID-19 during travel.

Every time you travel, you can spread COVID-19 variants to your community when you return. **If you travel, wear a mask wash your hands a lot. Do not travel if you feel sick.**

After travel, take these steps.

All travelers should watch for COVID-19 symptoms after returning from travel. If you feel sick, stay home and away from others (isolate) and get tested.

If you are unvaccinated or NOT up to date on your COVID-19 vaccinations:

- Get tested 3-5 days after returning from travel.

  You can visit a no-cost testing site, a clinic or pharmacy, or order an at-home test kit. Find testing options at COVID-19 Testing (www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

- Stay home and away from others after travel.

  You should quarantine for 5 days after travel even if you have a negative test at 3-5 days and no symptoms.

- Get vaccinated.

  Find Vaccine Locations (mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) to make an appointment or walk-in!

If you recently recovered from COVID-19:

- You do NOT need to get tested or quarantine if you recovered from COVID-19 in the past 90 days. You should still follow all other travel recommendations. If you develop COVID-19 symptoms after travel, isolate and check with a health care provider for testing recommendations.

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