

Prevent the spread of COVID-19 variants

4/14/2021

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 slowing the spread of these variants in the community is very important.



Delay travel until you are fully vaccinated.

Every time you travel, you can spread COVID-19 variants to your community when you return. Consider delaying travel, even if you are vaccinated. If you must travel, wear a mask, wash your hands a lot, and stay 6 feet away from others. Do not travel if you feel sick.

Get tested 1-3 days before you travel.

Stay home as much as possible for 14 days before travel.

Stay home and away from others after travel.

You should quarantine for 7 days if you have a negative test and no symptoms. Quarantine for 10 days if you do not get tested. Continue to monitor for symptoms for 14 days.

Get tested 3-5 days after returning from travel.

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

Get vaccinated when it is available to you.

 Wear a mask.  Wash your hands.  Stay 6 feet from others.  Stay home if you feel sick.



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Contact health.communications@state.mn.us to request an alternate format.