

Prevent COVID-19 Spread During Travel

4/19/2021

Please share these messages widely with your community. Messages can be modified to share on social media channels, websites, and included in communications materials related to COVID-19.

Help prevent the spread of COVID-19 by delaying travel until you are fully vaccinated. However, if you must travel and are not vaccinated, follow public health recommendations below.

COVID-19 variants are spreading.

- There are new COVID-19 variants circulating through communities.
- New variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19.
- Some of the variants may cause more severe illness. We are still learning about the variants.
- Vaccines, immunity from already having COVID-19, and treatments may also not be as effective against some variants, so slowing the spread of these variants in the community is very important.
- Every time you travel, you can spread COVID-19 variants to your community when you return.
- Help prevent COVID-19 variants from spreading in your community by wearing a mask, getting tested, and getting vaccinated when you are able.

Lay low before you go.

- If possible, get tested 1-3 days before you leave.
- Stay home as much as possible for 14 days before travel. It can take up to 14 days for a person to get COVID-19. By staying at home for 14 days before travel, you can help prevent the spread of COVID-19 to others when you travel.
- Some destinations may require you to get tested before arriving. For international travel, check testing and vaccination requirements for entering the country.
- If you are sick or have tested positive for COVID-19, do not travel.

Get tested before returning home.

- If you are traveling internationally, the United States requires a COVID-19 test before you can fly back to the United States.

Stay home and away from others after travel.

- If you travel, stay home and away from others (quarantine) for seven days if you have a negative test and no symptoms. If you do not get tested, quarantine for 10 days. This is especially important if you travel out of the country.
- During your quarantine, it is important that you stay home and watch for symptoms. Get tested if you develop symptoms.
- If you must go out, wear a mask, stay 6 feet from other people, and wash your hands often.
- When planning a trip, plan time away from work after you return to stay away from others and prevent COVID-19 from spreading.

Get tested after travel.

- Minnesota strongly recommends that those who travel 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.

- Minnesotans age 16 and older are eligible for vaccination. Not everyone will be able to get an appointment right away.
- To get a shot, talk to your health care provider or local pharmacy and [Sign Up for the Vaccine Connector \(https://mn.gov/covid19/vaccine/connector/connector.jsp\)](https://mn.gov/covid19/vaccine/connector/connector.jsp).



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.