Travel Checklist

Looking to take a trip soon?
Use this guide to stay safe while traveling during the COVID-19 pandemic.

When you start planning a trip

Ask yourself these questions:
- Am I at increased risk for severe illness from COVID-19?  
  - Yes  
  - No
- Do I live with someone at increased risk for severe illness from COVID-19?  
  - Yes  
  - No
- Is my destination at a high-risk level for COVID-19?  
  - Yes  
  - No

The more boxes you check “Yes”, the greater your risk of catching COVID-19 and spreading it to others during or after travel.

Before the trip

- Get vaccinated or get boosted. Travelers should be up to date on their COVID-19 vaccines.
- Check destination requirements. Explore the COVID-19 risks and entry requirements for where you want to travel.
- Get tested. Consider getting a COVID-19 test before travel. Even if it’s not required by the destination.
- Protect yourself. Be sure to pack face masks, hand sanitizer, disinfectant wipes, and tissues.

For international travelers: Visitors 18 and older who are not U.S. citizens, U.S. nationals, lawful permanent residents, or green card holders must be fully vaccinated to enter the U.S.

During the trip

- Keep distance between yourself and others.
- Avoid crowds.
- Avoid contact with anyone who is sick or has symptoms.
- Wear a face mask, especially in indoor public spaces.
- Wash your hands for at least 20 seconds after touching surfaces that other people have touched.
- Use contactless payment methods.
- Avoid touching your eyes, nose, and mouth.
- Consider outdoor activities.

After the trip

- You do not need a negative COVID-19 test to enter the U.S.
- Self-monitor for COVID-19 symptoms, isolate, and get tested if you develop symptoms.

Get more info from CDC.gov/travel about

- Travel within the U.S.
- Travel outside the U.S
- Travel to the U.S.
- Travel updates