

# **COVID-19 TRAVELER HEALTH**

# **KNOW BEFORE YOU GO**

## **BEFORE YOU TRAVEL**



• If traveling in Pennsylvania or the U.S., check the current COVID-19 Community Level at your destination. If traveling outside of the U.S. check the current COVID-19 situation at your destination.



 If you have a medical condition or a weakened immune system, you might NOT be fully protected even if you are <u>up to date</u> with your COVID-19 vaccines. Talk to your healthcare provider about your risk before travel.



• Consider getting tested for current infection with a <u>viral test</u> as close to the time of departure as possible (no more than 3 days before).

#### **DURING YOUR TRIP**



Travelers 2 years of age or older are recommended to wear wellfitting masks in indoor public places if they are in an area where the
COVID-19 Community Level is high. If immunocompromised or
at high risk for severe disease, you should think about wearing a
mask even when COVID Community Level is low.



• Wash your hands often with soap and water or use hand sanitizer with at least 60% alcohol.



- Avoid poorly ventilated spaces and crowds.
- Monitor your health daily and be alert for <u>COVID-19 symptoms</u>.

### **AFTER YOU RETURN**



• Consider getting tested with a COVID-19 <u>viral test</u> 3-5 days after travel, even if you do not have symptoms.



• Self monitor for <u>COVID-19 symptoms</u>; <u>isolate</u> and get tested if you develop symptoms.