



## Washburn County Health Department

Washburn County Health and Human Services Department  
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**FOR IMMEDIATE RELEASE – 03/26/2021**

### **Travel During COVID-19**

With spring break underway or upcoming throughout the United States, the Washburn County Health Department wants to remind people that traveling increases your chance of spreading and getting COVID-19. It is safest to delay non-essential travel, but if you must travel you should take the following steps to protect yourself and others:

#### **Before travel, prepare for:**

- Changing travel restrictions
- Changing requirements for international passengers
- Staying in place if you get sick, which could mean isolating or quarantining at your travel destination and delaying your return
- Planning for the impact of being away from home for an extended period of time if required to isolate or quarantine in place
- Workplace policies related to travel and quarantine
- Get tested with a viral test 1-3 days before your trip
- Avoid crowds and stay at least 6 feet from anyone who did not travel with you
- Wear face masks over your nose and mouth when in public – masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
- International travelers, including returning U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight to the United States. Requests for documentation of recovery should be directed to your medical provider.

#### **After travel:**

- Get tested 3-5 days after travel AND stay home and self-quarantine for 7 days after travel
  - Even if you test negative, stay home and self-quarantine for the full 7 days
  - If your test is positive, isolate yourself to protect others from getting infected and follow instructions from your Local Health Department
- If you do not get tested, it is safest to stay home and self-quarantine for 10 days after travel
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not
- During self-quarantine check your temperature twice daily, write down your symptoms, and if you develop symptoms call your doctor and stay home (except to get tested)

If you are eligible for vaccination, it is recommended that you get fully vaccinated before any travel. However, with the emergence of multiple variants of the virus causing COVID-19 (SARS-CoV-2), it is especially important to avoid non-essential travel, even if you are fully vaccinated. We do not have data yet on the effectiveness of all of the currently approved vaccines against preventing infection or spread of the virus.

Visit <https://www.co.washburn.wi.us/news/public-health/Coronavirus-Outbreak> for general COVID-19 information. Visit <https://www.co.washburn.wi.us/news/public-health/COVID-19-Vaccine> for COVID-19 vaccine information.