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# COVID-19 Guidance by CDC

**School Guidance:**

This can be found at: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html and was updated on 07-09-21

Key Takeaways from the above link:

- Students benefit from in-person learning, and safely returning to in-person instruction in the fall 2021 is a priority.
- Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic.  Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- Masks should be worn indoors by all individuals (age 2 and older) who are not fully vaccinated. Consistent and correct mask use by people who are not fully vaccinated is especially important indoors and in crowded settings, when physical distancing cannot be maintained.
- CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms, combined with indoor mask wearing by people who are not fully vaccinated, to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is especially important to layer multiple other prevention strategies, such as indoor masking.
- Screening testing, ventilation, handwashing and respiratory etiquette, staying home when sick and getting tested, contact tracing in combination with quarantine and isolation, and cleaning and disinfection are also important layers of prevention to keep schools safe.
- Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.
- Many schools serve children under the age of 12 who are not eligible for vaccination at this time. Therefore, this guidance emphasizes implementing layered prevention strategies (e.g., using multiple prevention strategies together consistently) to protect people who are not fully vaccinated, including students, teachers, staff, and other members of their households.
- COVID-19 prevention strategies remain critical to protect people, including students, teachers, and staff, who are not fully vaccinated, especially in areas of moderate-to-high community transmission levels.
- Localities should monitor community transmission, vaccination coverage, screening testing, and occurrence of outbreaks to guide decisions on the level of layered prevention strategies (e.g., physical distancing, screening testing).

**Mission: To prevent disease and injuries, promote healthy living, protect the environment and ensure public health prepar**
**Vision:    Build a Healthier Linn County**

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**In Iowa,** House File 847 https://www.legis.iowa.gov/legislation/BillBook?ba=HF%20847&ga=89 does not allow for school's to mandate face coverings. *FACIAL COVERING POLICIES COUNTIES, CITIES, AND SCHOOLS Sec. 28. NEW SECTION. 280.31 Facial coverings. The board of directors of a school district, the superintendent or chief administering officer of a school or school district, and the authorities in charge of each House File 847, p. 15 accredited nonpublic school shall not adopt, enforce, or implement a policy that requires its employees, students, or members of the public to wear a facial covering for any purpose while on the school district's or accredited nonpublic school's property unless the facial covering is necessary for a specific extracurricular or instructional purpose, or is required by section 280.10 or 280.11 or any other provision of law. Sec. 29. Section 331.301, Code 2021, is amended by adding the following new subsection:*

In the Iowa, IDPH states, "*If a case of COVID-19 is identified in a school, exposed students and teachers can be advised to consider staying home in accordance with public health best practices to monitor for symptoms, as outlined in this document above. If a student or teacher becomes symptomatic they should stay home while ill and consider getting tested. If a cluster or outbreak of COVID-19 is identified in a school, additional investigation may be warranted to determine if targeted public health recommendations and/or laboratory follow-up is required. Consult with an epidemiologist at IDPH or contact your regional epidemiologist if an outbreak is suspected.*" This differs from CDC guidance for close contacts.  Iowa's guidance can be found at https://wiki.idph.iowa.gov/epimanual/Home/CategoryID/522


**Close Contact to an Individual with COVID per CDC:**

This can be found at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html and was updated on 07-21-21

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
    - *Someone who has been within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.*
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

*Correct and consistent mask use is a critical step that people can take to protect themselves and others from COVID-19. However, the type of masks used, and whether or not they are used consistently and correctly varies throughout the general population. Therefore, mask use is not considered when determining COVID-19 exposure and the definition of a close contact during case investigation and contact tracing, regardless of whether the person diagnosed with and/or*

*the person exposed to COVID-19 was wearing a mask. (Note: Exposure risk in the healthcare setting is determined separately and outlined in CDC [guidance](#)).*

What to do if you are a close contact

Stay home for 14 days after your last contact with a person who has COVID-19.

Watch for fever (100.4∘F), cough, shortness of breath, or other symptoms of COVID-19.

If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

You will not need to quarantine if you have had COVID-19 within the past 3 months or [are fully vaccinated](#).

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.

- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms.

**In Iowa,** IDPH has stated, *" when follow-up is performed, close contact is defined as being less than 6 feet away from an infectious person for more <u>than 15 consecutive minutes AND the case, the contact, or both were not wearing a face covering during the interaction.</u> Acceptable face coverings are described in CDC guidance at [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html).*" This differs from CDC guidance which states 15 accumulative minutes in a 24 hour period and regardless of face coverings. IDPH guidance can be found at [https://wiki.idph.iowa.gov/epimanual/Home/CategoryID/522](https://wiki.idph.iowa.gov/epimanual/Home/CategoryID/522)

**Options to Reduce Quarantine per CDC:**

This can be found at [https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html) and were updated on 12-2-20

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Your local public health authorities make the final decisions about how long quarantine should last based on local conditions and needs. Follow the recommendations of your local public

health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing for guidance on options to reduce quarantine.

**What does it mean to be Fully Vaccinated?**

This can be found at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html and was updated on 07-27-21

- If you are fully vaccinated, you can participate in many of the activities that you did before the pandemic.
- To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- You should continue to wear a mask where required by laws, rules, regulations, or local guidance.

*You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others. If your test is positive, isolate at home for 10 days.*

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you do not meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may NOT be protected even if you are fully vaccinated. You should continue to take all precautions recommended for unvaccinated people until advised otherwise by your healthcare provider.

**What to do if you are ill?**

This can be found at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html updated on 03-17-21 and https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fisolation.html and was updated on 07-21-21

You can be with others after

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication and
- Other symptoms of COVID-19 are improving

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

Learn more about what to do if you are sick and how to notify your contacts.

**Mask Use per CDC:**

This can be found at https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html and was updated on 06-29-21

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.

- In general, you do not need to wear a mask in outdoor settings.

  - In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

- People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to

take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.

[Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).

CDC did update mask guidance beginning on 07-27-21, [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html)  Science behind changes can be found at [https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html](https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html) Summary of the recent changes are:

- Updated information for fully vaccinated people given new evidence on the B.1.617.2 (Delta) variant currently circulating in the United States.

- Added a recommendation for fully vaccinated people to wear a mask in public indoor settings in areas of [substantial or high transmission](#).

- Added information that fully vaccinated people might choose to wear a mask regardless of the level of transmission, particularly if they are immunocompromised or at [increased risk for severe disease](#) from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease or not fully vaccinated.

- Added a recommendation for fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

- CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status

**In Iowa,** House File 847 [https://www.legis.iowa.gov/legislation/BillBook?ba=HF%20847&ga=89](https://www.legis.iowa.gov/legislation/BillBook?ba=HF%20847&ga=89) does not allow schools, counties, or cities to mandate or enforce mask use.  This was signed on 05-20-21.

**Delta Variant per CDC:**

This can be found at [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html) and was updated on 07-27-21More information on the Delta Variant can be found at [https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html#print](https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html#print)

Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. However, preliminary evidence suggests that fully vaccinated people who do become infected with the Delta variant can spread the virus to others. To reduce their risk of becoming infected with the Delta variant and potentially spreading it to others: CDC recommends that fully vaccinated people:

- Wear a mask in public indoor settings if they are in an area of [substantial or high transmission](),
  - Fully vaccinated people might choose to mask regardless of the level of transmission, particularly if they or someone in their household is immunocompromised or at [increased risk for severe disease](), or if someone in their household is unvaccinated. People who are at increased risk for severe disease include older adults and those who have certain medical conditions, such as diabetes, overweight or obesity, and heart conditions.

- Get tested if experiencing [COVID-19 symptoms]().

- Get tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in public indoor settings for 14 days after exposure or until a negative test result.

- Isolate if they have tested positive for COVID-19 in the prior 10 days or are experiencing [COVID-19 symptoms]().

- Follow any applicable federal, state, local, tribal, or territorial laws, rules, and regulations.

- All COVID-19 vaccines currently authorized in the United States are effective against COVID-19, including serious outcomes of severe disease, hospitalization, and death.
- Available evidence suggests the currently authorized mRNA COVID-19 vaccines (Pfizer-BioNTech and Moderna) are highly effective against hospitalization and death for a variety of strains, including Alpha (B.1.1.7), Beta (B.1.351), Gamma (P.1), and Delta (B.1.617.2); data suggest lower effectiveness against confirmed infection and symptomatic disease caused by the Beta, Gamma, and Delta variants compared with the ancestral strain and Alpha variant. Ongoing monitoring of vaccine effectiveness against variants is needed.
- A growing body of evidence indicates that people fully vaccinated with an mRNA vaccine (Pfizer-BioNTech or Moderna) are less likely than unvaccinated persons to acquire SARS-CoV-2 or to transmit it to others. However, the risk for SARS-CoV-2 breakthrough infection in fully vaccinated people cannot be completely eliminated as long as there is continued community transmission of the virus.
- Studies are underway to learn more about the effectiveness of Johnson & Johnson/Janssen vaccine.
- At this time, there are limited data on vaccine effectiveness in people who are immunocompromised. People with immunocompromising conditions, including those taking immunosuppressive medications, should discuss the need for personal protective measures after vaccination with their healthcare provider.


People who are immunocompromised should be counseled about the potential for reduced immune responses to COVID-19 vaccines and to follow [current]() prevention measures (including wearing [a mask](), [staying 6 feet apart from others]() they don't live with, and avoiding crowds and poorly ventilated indoor spaces) regardless of their vaccination status to protect themselves against COVID-19 until advised otherwise by their healthcare provider.

**More information regarding COVID-19 variants can be found at [https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html](https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html)  and was updated 0n 07-27-21**

- Genetic variants of SARS-CoV-2 have been emerging and circulating around the world throughout the COVID-19 pandemic.

- Viral mutations and variants in the United States are routinely monitored through sequence-based surveillance, laboratory studies, and epidemiological investigations.

- A US government SARS-CoV-2 Interagency Group (SIG) developed a Variant Classification scheme that defines three classes of SARS-CoV-2 variants:

  - Variant of Interest

  - Variant of Concern

  - Variant of High Consequence

- The B.1.1.7 (Alpha), B.1.351 (Beta), B.1.617.2 (Delta), and P.1 (Gamma) variants circulating in the United States are classified as variants of concern.

- To date, no variants of high consequence have been identified in the United States.

**Viruses constantly change through mutation**. A variant has one or more mutations that differentiate it from other variants in circulation. As expected, multiple variants of SARS-CoV-2 have been documented in the United States and globally throughout this pandemic. To inform local outbreak investigations and understand national trends, scientists compare genetic differences between viruses to identify variants and how they are related to each other.

**Genomic Sequencing in Iowa:**
This can be found at https://wiki.idph.iowa.gov/epimanual/Home/CategoryID/522
- SHL is conducting variant strain surveillance in partnership with established influenza surveillance sites across the state. Identified clinics and hospitals that participate in influenza surveillance are voluntarily submitting PCR positive specimens for COVID-19 sequencing.
- Additionally, since January 2021, SHL has increased capacity to sequence SARS-CoV-2 and now accept all PCR positive SARS-CoV-2 samples for sequencing
- Sequence testing is not currently FDA approved, therefore submitting healthcare providers will not receive sequencing results as this is not a test currently intended for clinical decision-making.

**Travel during COVID-19 Pandemic per CDC:**

This can be found at https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html and  https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html and was updated on 07-26-21.

- Getting vaccinated prevents severe illness, hospitalizations, and death. Unvaccinated people should get vaccinated and continue masking until they are fully vaccinated. With the Delta variant, this is more urgent than ever. CDC has updated guidance for fully vaccinated people based on new evidence on the Delta variant.

- Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test. Learn when it is safe for you to travel. Don't travel with someone who is sick

**Domestic travel recommendations for fully vaccinated individuals:**

- During Travel

    - **Wearing a mask over your nose and mouth is required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).

    - Follow all state and local recommendations and requirements, including mask wearing and social distancing.

- After Travel

    - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

    - Follow all state and local recommendations or requirements.

You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

**Domestic travel recommendations for unvaccinated people:**

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

- Before you travel:

    - Get tested with a viral test 1-3 days before your trip.

- While you are traveling:

    - **Wearing a mask over your nose and mouth is required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are not fully vaccinated continue to wear a mask and maintain physical distance when traveling.

    - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.

    - Wash your hands often or use hand sanitizer (with at least 60% alcohol).

- After you travel:

- - o Get tested with a [viral test](#) 3-5 days after travel **AND** stay home and self-quarantine for a full 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.

  - o If you don't get tested, stay home and self-quarantine for 10 days after travel.

  - o Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.

  - o Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

  - o Follow all [state and local](#) recommendations or requirements.

- • Visit your [state, territorial,](#) [tribal](#) or local health department's website to look for the latest information on where to get tested.

**International travel during COVID-19** can be found at [https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html) and was updated on 06-10-21

**Do not travel internationally until you are [fully vaccinated](#)**. If you are not fully vaccinated and must travel, follow CDC's international travel recommendations for unvaccinated people.

Fully vaccinated travelers are less likely to get and spread COVID-19. However, international travel poses additional risks, and even fully vaccinated travelers might be at increased risk for getting and possibly spreading some COVID-19 variants.

The COVID-19 situation, including the spread of new or concerning variants, differs from country to country. All travelers need to pay close attention to the [conditions at their destination](#) before traveling.

CDC will update these recommendations as more people get vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available.

Recommendations for fully vaccinated individuals for international travel:

- • Before you travel

  - o Make sure you understand and follow all airline and destination requirements related to travel, mask wearing, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.

  - o Check the current [COVID-19 situation in your destination.](#)

- • During traveling:

- o **Wearing a mask over your nose and mouth is required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).

  - o Follow all recommendations and requirements at your destination, including mask wearing and social distancing

- Before you arrive in the United States:

  - o All air passengers coming to the United States, **including U.S. citizens and fully vaccinated people**, **are required** to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.

- After travel:

  - o Get tested with a viral test 3-5 days after travel.

  - o Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

  - o Follow all state and local recommendations or requirements after travel.


**Recommendations for unvaccinated people for international travel**

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

- Before you travel:

  - o Get tested with a viral test 1-3 days before your trip.

  - o Make sure you understand and follow all airline and destination requirements related to travel, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.

  - o Check the COVID-19 situation in your destination.

- While you are traveling:

  - o **Wearing a mask over your nose and mouth is required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are not fully vaccinated continue to wear a mask and maintain physical distance when traveling.

- o Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.

- o Wash your hands often or use hand sanitizer (with at least 60% alcohol).

- Before you arrive in the United States:

  - o All air passengers coming to the United States, including U.S. citizens and fully vaccinated people, are **required** to have a negative COVID-19 viral test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.

- After you travel:

  - o Get tested with a viral test 3-5 days after travel **AND** stay home and self-quarantine for a full 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.

  - o If you don't get tested, stay home and self-quarantine for 10 days after travel.

  - o Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

  - o Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

  - o Follow all state and local recommendations or requirements.

- Visit your state, territorial, tribal, and local health department's website to look for the latest information on where to get tested.