



COVID-19 GUIDANCE FOR TRAVEL

All domestic non-essential travel is discouraged.

Essential travel is defined as:

- Travel to provide medical or home care to others.
- Travel necessary for a job considered as an essential service.

All international travel is discouraged. The Centers for Disease Control and Prevention (CDC) has guidance for [international travel](#). Any travel outside the US will require quarantine for 14 days upon return while monitoring for signs and symptoms. If symptoms develop, testing and additional quarantine could be required.

If you must travel, this guidance offers strategies to protect health and safety as much as reasonably possible.

General Guidance

- Review and carefully consider whether travel is necessary.
- Consider the following when evaluating plans for travel:
 - **Mode of travel to destination:**
 - Recommend travel by car or RV when possible; limited or no stops is preferred
 - Air, train or bus pose a higher risk.
 - Cruises are currently not recommended.
 - Destination incidence rates and/or increasing positive rates of COVID-19. If the destination has high rates, reconsider or reschedule the travel. Proceed cautiously if destination has low or moderate rates.
- Refer to [CDC](#) for further travel guidance.

- **Type of activities during travel:**
 - Large group events, such as conferences, public events, concerts, theme parks and public transportation are discouraged as this may increase risk of transmission.
 - Events or gatherings that are currently prohibited by the destination's Order should not be attended.
- Consider the risk of passing COVID-19 to others during travel, especially if you will be in close contact with people who are older adults or have severe chronic health conditions.
- **Do not travel while sick or travel with someone who is sick.**
- Review State and local orders for current restrictions. Some destinations may have active travel restrictions, stay-at-home or shelter in place orders, mandated quarantines upon arrival, or even state border closures while you are traveling.
- **Avoid communities that currently are under stay-at-home orders.**
- While traveling, limit social interaction:
 - Wear a cloth face covering while in public.
 - Encourage non-contact greetings, such as nodding, bowing or waving. Avoid shaking or holding hands, hugging, or kissing.
 - Avoid contact with any person who has had COVID-19.
 - Avoid large gatherings or areas where physical distancing is not possible.
 - Avoid areas with widespread transmission of COVID-19.
- When using rental vehicles or shared vehicles, make sure to sanitize the car interior and high-touch surfaces including but not limited to keys, steering wheel, gear shifts, seat belts, etc.
- When traveling in high traffic areas such as airports, train stations and bus terminals adhere to physical distancing, hand sanitizing guidelines and use facial coverings.
- Have a plan in place for taking off from work or school, in case you are exposed to, or sick with, COVID-19.

Travelers Visiting Springfield-Greene County:

When residents of Springfield and Greene County have individuals come to visit, similar precautions, such as increased hand hygiene and cleaning and disinfecting.

- Visitors should self-monitor for symptoms.
 - If symptoms develop, seek testing immediately and remain isolated.
- If a visitor tests positive for COVID-19, others in the household and close contacts should quarantine at home for 14 days and monitor for signs and symptoms of disease.
- If symptoms develop, seek testing immediately and remain isolated.

Health Guidance

- Monitor for [symptoms](#) of COVID-19 before and during travel.
 - Reschedule travel if symptoms arise before trip.
 - Seek medical attention if symptoms arise during trip.
- Clean hands often. If soap and water are not available, bring and use hand sanitizer that contains at least 70% alcohol.
- Contact your primary care provider if you are experiencing symptoms of COVID-19.
- Upon return from travel:
 - To a low-risk destination/activity
 - Return to work
 - Wear a facial covering
 - Monitor for symptoms for 14 days
 - To a high-risk destination/activity:
 - Quarantine and monitor for symptoms for 14 days.
 - Limit community exposure by quarantining for 14 days
 - Monitor for symptoms
- Contact your primary care provider if you are experiencing symptoms of COVID-19.

- Have a plan in place for taking off from work or school, in case you are exposed to, or sick with, COVID-19.

Cleaning and Disinfecting Guidance

- When you get to your room or rental property, clean and disinfect all high-touch surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets.
- Use a household disinfectant or other personal cleaning supplies, including cloths and disposable gloves.
- Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.
- Pack enough alcohol-based hand sanitizer and keep it in a place that is readily available.

Physical Distancing Guidance

- Always keep 6 feet of physical distance from others.
- Wear cloth face coverings when physical distance cannot be maintained.
- Adhere to physical distancing when dining in restaurants or other public spaces.