

District Health Department No. 4

For Immediate Release

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Travel safety tips in today's COVID environment

There may be snow on the ground, but many people are starting to think about planning a spring get-away, which may involve extra precautions due to the pandemic should one choose to travel at all.

"I am getting a lot of questions about travel and what, if any, restrictions or safety precautions should be taken in light of COVID-19," said Dr. Josh Meyerson, Medical Director for District Health Department No. 4. Despite your destination – within the United States or overseas – travelers should practice all the same safety mitigation practices they do at home, Meyerson said. However, travelers should be aware of the additional requirements of international travel for both their destination and return to the United States.

International Travel: As of January 26, the CDC is requiring ALL air passengers coming to the United States, including U.S. citizens, to have a **negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. This Order applies to ALL air passengers, 2 years of age or older, traveling into the US, including US citizens and legal permanent residents.** After travel, families returning home must get tested 3-5 days after travel **and** stay home and self-quarantine for 7 days after travel. The CDC requires even if you test negative, you need to stay home and self-quarantine for the full 7 days. If your test is positive, you need to isolate yourself to protect others from getting infected, CDC requirements state.

"For anyone traveling abroad to a non-U.S. destination or territory for a week-long spring break, these CDC requirements, upon return, add another week to 10 days of staying home and self-quarantining," Meyerson said, emphasizing how the travel abroad would impact returning to work or school for an additional 7-10 days.

For information on CDC travel requirements: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>

For information on COVID-19 Travel Recommendations by Destination

visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

Domestic Travel in US and Territories: For domestic travel the issue is not so much where you go but what you do, Meyerson said.

"We should all practice the same safety measures we do when we are home," Meyerson said. When away from home it is even more important to avoid crowded indoor spaces as much as possible, always wear a mask when inside a public space and when outside if safe distancing is not possible, he said. If an establishment doesn't seem safe due to crowds or others not masking, seek an alternate. Eating out should be outdoors, and carry out is much safer than dining in. If visiting friends and relatives, you should follow the same guidelines for "social bubbles" as you do at home and keep the number small.

"It's natural to want to let our guard down on vacation but none of us want to get sick away from home or bring this virus back to our communities," he added.

For more information about state specific risk levels, as determined by daily new cases, infection rate, and positive test rate, visit www.covidactnow.org

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