

# Traveling During COVID

## Do's and Don'ts



**Don't** travel if you don't have to.

Staying home is the best way to protect yourself and others from the virus.

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**Do** check the number of cases of COVID-19 at your destination.

Remember, the more cases at your destination, the more likely you and/or your traveling party is to get infected during your travel and spread the virus when you return home.

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**Do** wear a mask that keeps your nose and mouth covered while you are in public settings.

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**Don't** forget to check requirements or restrictions for travelers at your destination.

Some local governments have mandates, such as a mask requirement or a 14 day quarantine.

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**Don't** engage in high risk activities if you can help it while traveling.

Avoid attending large gatherings, like weddings or concerts, or crowded areas like restaurants, airports, and malls.

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**Do** check the CDC's risk assessment levels for various destinations around the world if you are traveling abroad.

[Click here](#) to see how destinations are categorized.

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**Do** take extra precautions if you are returning from a high-risk area or a large gathering.

Consider getting a COVID-19 test and remaining at home for 14 days.

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**Don't** forget to visit the [CommunityConfidence.org](https://www.communityconfidence.org) website, and follow us on Twitter, Facebook and LinkedIn.

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