

COVID-19

HEADING
→ HOME
HEALTHY

Six ways to protect yourself and your loved ones from COVID-19.

- 1. Be up to date on your COVID-19 vaccine before you travel.**
- 2. Get tested for current infection as close to boarding your flight as possible.**
 - Ideally one day before travel.
- 3. Know the COVID-19 requirements in your destination country.**
 - Check the U.S. embassy website for each country you plan to visit.
- 4. Wear a high quality mask (KN95 or N95) over your nose and mouth in crowded areas and on public transportation.**
- 5. Monitor for COVID-19 symptoms before, during, and after travel.**
 - Stay home and test if you develop symptoms.
- 6. Don't travel if you feel sick or test positive .**



For the most up to date information visit www.cdc.gov/travel



For additional resources, visit www.headinghomehealthy.org