

IDH TRAVEL GUIDANCE

Travel increases your chance of getting and spreading COVID-19. CDC has issued [Travel During COVID-19](#) guidance. The guidance recommends that travel be delayed, and individuals stay home to protect against COVID-19. The guidance provides recommendations related to:

- Before You Consider Traveling
- If You Must Travel
- Get Tested Before & After Travel
- Check Travel Restrictions
- After You Travel
- Considerations for Types of Travel
- Considerations for Staying with Family or Friends
- Tips to Avoid Getting & Spreading COVID-19 in Common Travel Situations

Indiana Department of Health Travel Guidance – Healthcare Workers

Indiana healthcare workers that have been fully vaccinated or are COVID recovered within the 90 day post recovery period **prior to traveling** are not required to quarantine upon return.

COVID Recovered definition:

- Has met the CDC symptom based strategy guidance for Discontinuation of Transmission Based Precautions of Patients with SARS-CoV-2 infections. (at least 10-20 days has passed since symptoms first appeared, dependent on level of illness mild to severe, **and** 24 hours fever free. 90 days after the day the first symptoms occurred is the COVID recovered window.

Fully Vaccinated definition:

- 14 days after second shot in a two-shot series (e.g., Pfizer, Moderna)
- 14 days after a single shot in a one-shot series (e.g., Johnson & Johnson)

CDC recommends to Get Tested and Stay Home after travel if not fully vaccinated:

- [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.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not