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.