

Slow the spread of COVID-19 when you travel

We know that many travelers are concerned about the current COVID-19 outbreak and may have concerns about their upcoming air travel. We understand your concern and are taking the utmost care to ensure the health and safety of all those in flight and in their own communities. In addition, we ask that each of you play a part in our efforts to protect the public's health.

Your safety is our top priority. Please follow CDC recommendations before, during, and after travel.

Steps you can take before travel:

Decide whether you will travel. There are several things you should consider when deciding whether it is safe for you to travel.



- **If you are traveling in the United States**, visit CDC's webpage about [Coronavirus and Travel in the United States](#) to make an informed decision about your own risk.
- **If you are traveling abroad**, CDC recommends that you **avoid all nonessential international travel**. Before your next international trip, visit [CDC's destination pages](#) to get health advice and see if there are any travel notices or alerts for your destination.
- Older adults and people of any age with serious chronic medical conditions are at [increased risk for severe disease](#).



Help us maintain open communication during COVID-19. Please share your current contact information with our airline when booking your ticket. This information will allow us to notify you if you are exposed to a sick traveler on a flight. Under [current federal regulations](#), pilots must report all illnesses and deaths on board aircraft to CDC before arriving at a US destination.



Avoid traveling if you are sick. If you feel sick before your planned travel, **please stay home**, except to get medical care. If you are sick, [see additional steps you can take to help prevent the spread of COVID-19](#).

Steps you can take during travel:

If you are feeling well, **take these important steps to reduce your chances of getting sick during travel:**



- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.

- To the extent possible, avoid touching public door handles, handrails, and other frequently touched surfaces in public places. Also avoid shaking people's hands.

Steps you can take after travel:

These steps could differ depending on your travel destinations and any requirements set by your state or local health departments and public officials.



- If you are coming back from [an international trip](#) or a [cruise](#), you will be asked to stay home for 14 days, monitor your health, and practice social distancing. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- Check with your local health department to see if local COVID-19 precautions have changed while you were traveling.
- Learn more about [what to do if you are sick](#) after travel.

For more information on COVID-19 and ways to protect yourself and others, please visit www.cdc.gov/coronavirus.

Thank you for your care and attention to these public health measures that will protect your health and the health of others. We appreciate your collaboration in the effort to slow the spread of COVID-19.