**Staying Safe While Traveling**

*Instructions for university sponsored travel are available* [*here*](https://vcha.uic.edu/about/vcha-initiatives/covid-19-university-travel-request-authorization-form/)*.*

**Pre-Travel Considerations**

*Be sure to review all airline requirements and regulations* [*at your destination*](https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html) *for mask wearing, proof of vaccination, and testing.*

* **Vaccination**: You should complete a COVID-19 vaccination series at least 2 weeks before travel for maximal protection. If you are [eligible for the bivalent booster vaccine](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html), please consider scheduling it now. In addition, the influenza vaccine is recommended before travel when annual vaccine is available.
  + **The COVID-19 vaccine is highly effective** against severe infection, hospitalization, and death.
  + **If you are vaccinated, you can still get a mild COVID-19** infection and transmit to others.
  + **Being** [**fully vaccinated**](https://www.cdc.gov/coronavirus/2019-ncov/travelers/proof-of-vaccination.html#fully-vaccinated) **against COVID-19 continues to be required** for all non-U.S. citizens, nonimmigrant passengers who are [arriving to the U.S.](https://www.cdc.gov/coronavirus/2019-ncov/travelers/proof-of-vaccination.html) by air travel. Other countries may have similar requirements, please be sure to check your destination’s [COVID-19 regulations](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) prior to arrival.
* **Masking**: You should consider wearing a mask that covers your nose and mouth when you are leaving your room/private lodging even if vaccinated (see above).
  + Strongly consider wearing a mask in airports, train stations, bus stations, ride shares, and other public transportation.
  + **Certain destinations may no longer require masks in public settings, please be sure to check your destination’s** [**COVID-19 regulations**](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) **prior to arrival.**
  + If you have ended isolation but are [still required to continue mask wearing](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#removing-mask) or have been exposed to someone with COVID in the past 10 days, wear a high-quality mask or respirator the entire time you are around others indoors. ***If you are unable to wear a high-quality mask, you should not travel on public transportation such as airplanes, buses, and trains***.
* **Testing**: Certain international destinations may require a test 24 hours prior to arrival. Make sure you plan ahead to ensure testing prior to departure.
* **Other General Recommendations:**
  + **Distancing**: Practice physical distancing to the extent possible - this means being 6 feet or more from others who are not members of your household, regardless of if you are all wearing a mask and vaccination status.
  + **Lodging**: Whenever possible, select lodging where you will not be staying with individuals outside of your household. If you do need to share lodging, avoid sharing sleeping areas, and wear a mask in common areas.
  + **Events and gatherings**: Avoid crowds and gatherings with individuals who aren't members of your household, especially gatherings held indoors.
  + **Eating and drinking:** Do not share food, beverages, or utensils with others.
  + **Hand hygiene**: Use good hand hygiene and disinfection practices, especially after contact with commonly touched surfaces.

**Post-Travel Considerations**

* **Testing:** All individuals, regardless of vaccination status, should obtain PCR testing when returning from certain destinations.
  + PCR testing should occur between days 3 and 5 after arrival **for all international travelers,** regardless of vaccination status.
  + PCR testing between days 3 and 5 after arrival is also recommended for domestic travel when returning from an [area designated as high-risk.](https://www.chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html)
    - To find your destination’s risk level, please utilize [this site](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html).
  + If you tested positive for COVID-19 less than 90 days prior to your return, you are not required to test unless you develop [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).
* **Symptom monitoring, masking, and physical distancing:** All individuals, regardless of vaccination status or previous infection should be monitoring themselves for any [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) for 10 days following their return. Strict masking in all spaces on UIC’s campus and physical distancing practices are also recommended for a period of 10 days following travel.
* **When to report to UIC Contact Tracing**: [Report to us](https://www.redcap.ihrp.uic.edu/surveys/?s=PH78WANDNX) if you develop symptoms of COVID-19, test positive, or have a known exposure to a confirmed or suspected COVID-positive at any point before or during your trip.

*Please visit* [*this site*](https://uofi.box.com/s/izc9i8l2gkm13ng1d8h02jb1amju8f3m) *for a helpful visual on post-travel guidance.*

*For further guidance on how to stay safe while traveling, visit the* [*CDC's travel page*](https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html)*.*

*General COVID-19 related resources can be found on* [*our website*](https://publichealth.uic.edu/uic-covid-19-public-health-response/uic-covid-19-contact-tracing-and-epidemiology-program/uic-contact-tracing-resources/)*.*