

After Arrival in the United States

You might have been exposed to COVID-19 on your travels, whether you traveled by air, land, or sea. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. For this reason, CDC recommends the following:

If You Are NOT Vaccinated and Up to Date with your COVID-19 Vaccines

RECOMMENDED:

- Stay home and self-quarantine for a full **5 days** after travel.
- Follow additional recommendations below for ALL travelers.

ALL Travelers

RECOMMENDED:

- Get tested with a COVID-19 [viral test](#) 3-5 days after travel.
 - Find a [U.S. COVID-19 testing location near you](#)
- Self-monitor for [COVID-19 symptoms](#); [isolate](#) and get tested if you develop symptoms.
- Follow all [state, tribal, local, and territorial](#), recommendations or requirements after travel.

If Your Test Result is Positive or You Develop [COVID-19 Symptoms](#):
[Isolate](#) yourself to protect others from getting infected.

If You Recovered from COVID-19 Recently:

If you recovered from a documented COVID-19 infection **within the past 90 days (regardless of vaccination status)**, you do NOT need to get a test 3-5 days after travel. You also do not need to self-quarantine after travel. If you develop [COVID-19 symptoms](#) after travel, [isolate](#) and consult with a healthcare provider for testing recommendations.