

What Travelers Can Do to Help Prevent COVID-19



Getting ready for a trip? Whether your travel is domestic or international, reduce your risk of getting or spreading respiratory infections like COVID-19 by following these tips.

Get Vaccinated

Stay up to date on vaccines, including [COVID-19](#) and flu. COVID-19 and flu vaccines are safe and effective for everyone aged 6 months and older. Be sure you've received a bivalent COVID-19 vaccine dose. Visit [MyTurn](#) to get vaccinated.

Wear a Mask

Wear a [high-quality mask](#) in poorly ventilated indoor areas (including on public transportation and in transportation hubs), especially if you have an [underlying health condition](#), are 50 or older, or have a weak immune system. The most protective masks are N95, KN95, and KF94 masks that have good fit and filtration. Be sure to follow any local masking rules in effect. Children younger than 2 years old should NOT wear masks due to suffocation risk.

Don't Travel While Sick

Avoid all travel and avoid contact with others if you feel sick. [Read the latest COVID-19 isolation guidance.](#)

Access COVID-19 Testing and Treatments

Take an at-home [COVID-19 test](#) or get a test from a health care provider if you have any [COVID-19 symptoms](#). If you test positive, contact a health care provider to learn more about COVID-19 treatments. Act quickly. COVID-19 medications work best when started within the first 5-7 days of symptoms.



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