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## Humboldt County Travel Guidance – UPDATE 3/26/21

Although case rates are improving in California and many parts of the country, COVID-19 activity is still high and travel clearly increases your risk of COVID-19 infection. Travel for non-essential purposes is discouraged by CDC, CDPH and Humboldt County Public Health (HCPH) at this time. Travel increases your chance of spreading and getting COVID-19. **CDC recommends that you do not travel at this time. Delay travel and stay home to protect yourself and others from COVID-19. CDPH recommends avoiding all non-essential travel and staying within 120 miles of your place of residence.**

Should travel be necessary, and you are exposed while traveling, you may bring COVID-19 back home to your family and your community. Vaccination is helping to make travel safer but there is significant concern about variants and so, until we know more, it is important to continue to exercise caution in order to minimize the spread of COVID-19 variants. **Currently CDC, CDPH and HCPH have not altered travel guidance for vaccinated persons.** CDC has allowed for gathering with members of one additional household for vaccinated households (if the other household's members are also vaccinated or there are no high risk individuals in that household) but CDC did not extend this to travel. When travelling, you may be more likely to encounter variants of concern. It is best to be cautious and limit exposures.

The Centers for Disease Control and Prevention currently recommends the following measures for travelers when travel is necessary. Until updated statewide guidance is available from the CDPH, HCPH is endorsing the CDC guidance for essential travel.

As always, it is important to **check with your employer** as workplaces may have different or additional requirements or recommendations.

### Pre-Travel:

- If you have been exposed to someone with COVID-19 in the past 14 days, delay your travel. The same recommendation holds if you have had close contact with people outside your household members in the previous 14 days, such as attending parties, weddings, funerals or visiting crowded spaces such as restaurants, bars, gyms or movie theaters.
- If possible, it is recommended to get tested 1-3 days before travel. You should wait to travel until you receive your result.
- If you are ill, do not travel.

### During Travel:

- Use all preventive measures such as masking, distancing and frequent hand washing/sanitizing during travel.
- Avoid crowds, events and gatherings of people who are not part of your household.

### Post-travel:

- Get tested. It is best to get tested 3-5 days after your return and quarantine for a total of 7 days if your test is negative. Monitor yourself for symptoms.
- If you do not get tested, quarantine for 10 days and monitor for symptoms.
- If your household members did not travel, consider masking and distancing in your home until you complete quarantine.

For the full CDC travel guidance, please visit: [Travel During COVID-19 | CDC](#)



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