



Humboldt County Travel Guidance – UPDATE
4/5/21

Although case rates are improving in California and many parts of the country, COVID-19 activity is still high and travel increases your risk of COVID-19 infection. **Travel for non-essential purposes is still discouraged by CDC and CDPH at this time.** HCPH endorses CDC and CDPH recommendations delaying travel until you are [fully vaccinated](#), as travel increases your chance of getting and spreading COVID-19 while we continue to vaccinate our vulnerable population. If you are not fully vaccinated and travel, follow CDC's recommendations for unvaccinated people.

On April 2, 2021, CDC and CDPH updated **travel guidance for fully vaccinated persons**. People who are [fully vaccinated with an FDA-authorized](#) vaccine can travel safely within the United States. CDPH on April 2 stated:

- All travelers arriving in or returning to California from other states or countries should follow [CDC travel guidance](#).
- All travelers who test positive or develop [symptoms of COVID-19](#) should [isolate](#) and follow [public health recommendations](#).
- **Fully vaccinated travelers:**
 - are less likely to get and spread COVID-19, and can travel safely within the United States and California
 - should follow [CDC travel guidance](#), and are not required to test or quarantine before or after travel unless they have symptoms concerning for COVID-19 disease.

CDPH offered new recommendations for **non-essential travel of unvaccinated persons living in California who leave California**. This replaces the previous recommendation not to travel more than 120 miles from home.

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.

Except in connection with essential travel, **Californians should avoid non-essential travel outside of California, to other states or countries unless they are fully vaccinated.** Avoiding travel reduces the risk of virus transmission, including by reducing the risk that new sources of infection and, potentially, new virus strains will be introduced to California. Non-essential unvaccinated travelers from other states or countries, are strongly discouraged from entering California, and should adhere to the quarantine procedures for unvaccinated travelers.



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

| Domestic Travel RECOMMENDATIONS AND REQUIREMENTS | Not Vaccinated | | Fully Vaccinated | |
|---|----------------|--|------------------|--|
| | | | | |
| Get tested 1-3 days before travel | ✓ | | | |
| Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested. | ✓ | | | |
| Self-monitor for symptoms | ✓ | | ✓ | |
| Wear a mask and take other precautions during travel | ✓ | | ✓ | |

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Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

If you have a condition or are taking medication that weakens your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all [precautions](#).

