

Travel Recommendations

As most of you are probably aware, Governor Lamont has modified the COVID travel restrictions. As of March 19th, mandates and requirements are not currently in place and all travel restrictions are voluntary, with the caveat that individuals should follow the CDC guidance. It can be found on the website [Travel Advisory for Connecticut During the COVID-19 Pandemic](#).

Some of the highlights are:

Prior to traveling outside of your local community, consider that travel increases your chance of getting and spreading COVID-19. **CDC recommends against travel** at this time. Travel remains a risk for spread of SARS-CoV-2, including new variants, between different areas of the country and the world.

Before Travel

- Plan ahead and check if your airline or destination **requires** testing, health information, or other documentation.
- Some destinations require a **viral test 1-3 days prior** to travel. Visit [the CT Testing Locator](#) or call 211 to locate a testing site
- **Keep a copy** of your test results with you during travel in case you are asked for them.
- Anyone who develops signs/symptoms of COVID-19 prior to travel should **stay home and get tested**.

After Travel

- Review [CDC guidance for post-travel quarantine and testing](#)
- Get tested 3-5 days after travel AND self-quarantine at home for a full 7 days after travel.
 - Continue to stay home and self-quarantine for a full 7 days after travel, **even if your test is negative**.
 - If your test is positive, **isolate** yourself to protect others from getting infected.
- If you do not get tested, **stay home and self-quarantine for a full 10 days** after travel.
- Remember to **self-monitor for signs and symptoms of COVID-19** while in quarantine. If at any time during your quarantine you develop signs and symptoms of COVID-19, **self-isolate** (including away from other members of your travel party), **contact a healthcare provider, and seek testing**.