



SPRING BREAK TRAVEL RECOMMENDATIONS

Travel increases your chance of catching and spreading COVID-19. In line with CDC guidance, the Fort Carson Department of Public Health recommends that you limit movement to essential travel. Whenever possible, delay travel and stay home to protect yourself and others from COVID-19.

If you travel, take steps to protect yourself and others from COVID-19:



If you are eligible, get fully vaccinated for COVID-19. Wait 2 weeks after getting your second vaccine dose to travel—it takes time for your body to build protection after any vaccination.



Get tested* with a viral test 1-3 days before you travel. Keep a copy of your test results with you. Check travel restrictions before you go. *Testing for personal travel is NOT approved at Evans ACH.



Wear a mask over your nose and mouth when in public settings. **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.



Avoid crowds and stay at least 6 feet / 2 meters (about 2 arm lengths) from anyone who did not travel with you. It's important to do this everywhere — both indoors and outdoors.



Do NOT travel if you were exposed to COVID-19, you are sick or you test positive for COVID-19. Learn when it is safe for you to travel. Don't travel with someone who is sick.

You may have been exposed to COVID-19 on your travels. **Get Tested* and Stay Home** when possible after travel.**

**Military should work with their commands regarding permissible Restriction of Movement (ROM).



Get tested* with a viral test 3-5 days after travel **AND** stay home for a full 7 days. If you don't get tested, stay home for 10 days. *Testing following personal travel is NOT approved at Evans ACH.



Avoid people at increased risk for severe illness for 14 days, whether you get tested or not. Avoid crowds and stay distanced from anyone who did not travel with you — both indoors and outdoors.



Wear a mask in public **AND** in private settings for 14 days when around people who did not travel with you. Watch your health: Monitor yourself closely for symptoms of COVID-19 for 14 days following travel.

Follow these links for more information:

- CDC Spring Break: <https://wwwnc.cdc.gov/travel/page/spring-break-travel>
- CDC COVID-19 Travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

