Travel during the pandemic increases the risk of exposure and spread of COVID-19 and is not recommended. If domestic or international travel is essential or unavoidable, review these important safety guidelines to minimize viral exposure. Note that travel arrangements must be approved by the host department.

**TRAVEL OR NO TRAVEL?**
- Review USC’s travel policy for approval requirements.
- Determine if:
  - The destination has requirements or restrictions for travelers (e.g., quarantine).
  - You or someone in your household is at increased risk of getting severe illness from COVID-19.
  - Your itinerary includes traveling by bus, train, or air which might compromise your physical distancing of six (6) feet.
- Find out if your community or the destination has a high or increasing count of COVID-19 cases. This increases the risk of exposure due to door-to-door travel activities.

**PRE-TRAVEL PLANNING**
- Check travel restrictions before planning/arranging the trip.
- Obtain travel approval from the host department.
- Pack food and water in case restaurants and stores are closed or inaccessible.
- Consider getting tested one to three days before your travel date. Keep a copy of test results with you during travel.
- If you take medications, bring enough to last for the entire trip.

**WHILE TRAVELING**
- Wear a mask to keep nose and mouth covered when in public settings.
- Bring extra supplies, such as masks, hand sanitizer, and wipes.
- Avoid close contact, maintain physical distancing of six feet or more, and wear a mask.
- Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth.
- Minimize touching common surfaces (e.g., doorknobs, handrails).

**POST-TRAVEL**
- Quarantine for ten (10) days according to local public health policies.
- Undergo viral testing three to five days after your trip.
- Avoid being around people who are at increased risk for severe illness.
- Avoid close contact, maintain physical distancing of six feet or more, and wear a mask.

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**Resources**
- CDC Guidelines for Using Transportation
- CDC Guidelines for Using Rideshare
- CDC Use of Masks