

Travel Advisory for Connecticut During the COVID-19 Pandemic

As of March 19, 2021, Governor Lamont's [Executive Order No.95, Section 1](#) regarding travel is no longer in effect.

Connecticut residents and travelers to Connecticut should follow travel-related guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT DPH). Mandates and requirements are not currently in place in Connecticut.

Overview

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.

Travelers should review [CDC's travel guidance](#) when planning travel outside of their local community. Know your [travel risk](#). Do not travel if you are sick, are considered [infectious after testing positive for COVID-19](#), or [should be quarantining after exposure](#) to a person with COVID-19.

Know Your Travel Risk

Different modes of transportation, lodging, dining, and activities during travel carry different levels of risk of exposure to COVID-19. [CDC's "Know Your Travel Risk" guidance](#) helps travelers understand their risk during travel. Activities listed under "Even Less Safe" and "Least Safe" should be avoided when possible.

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.**

International Travel

- All air passengers arriving to the United States, including U.S. citizens, are **required** to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States.
- More information on the international travel requirement [here](#).

Returning to Essential Work On-Site After Travel

Certain workers (including healthcare personnel, emergency personnel, and other [essential critical infrastructure](#) workers) may not always be able to self-quarantine after travel. In those instances, essential workers should take precautions to protect others after travel: wear a well-fitting mask, wash hands or use alcohol-based hand rub frequently, physically distance from others as much as possible, and if eligible, get fully vaccinated for COVID-19.

Travel After Vaccination

At this time, CDC recommends that people who have been fully vaccinated against COVID-19 [still follow travel-related testing and quarantine recommendations and requirements](#) as summarized above.

Post-travel quarantine and testing recommendations above still pertain to fully vaccinated individuals.

Post-travel testing, including post-travel testing of fully vaccinated individuals, helps individuals protect others after travel and helps public health epidemiologists understand where travel-associated risks are, including detection of variant strains of SARS-CoV-2.

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