



## Guidance for Returning Travelers

Updated May 12, 2021

Updates are in red

While the number of daily cases of COVID-19 have declined in the Bay Area and across California, this is not true everywhere in the United States. In accordance with the California Department of Public Health (CDPH), the Alameda County Public Health Department (ACPHD) recommends **against** non-essential (recreational) travel until you are fully vaccinated. If not fully vaccinated, traveling outside of the Bay Area increases your chance of infecting loved ones or getting infected and spreading the virus to others when you return. All travelers arriving in or returning to California from other states or countries should follow [CDC travel guidance](#).

### Fully Vaccinated Travelers:

- Are less likely to get and spread COVID-19 while traveling.
- Should follow [CDPH travel guidance](#). They are not required to test or quarantine before or after travel, **unless** they have symptoms concerning for COVID-19 disease.

### What does it mean to be fully vaccinated?

- You are fully vaccinated two weeks (14 days) after you receive a one-dose vaccine (Johnson & Johnson) or the second dose of a two-dose vaccine (Pfizer or Moderna). COVID-19 vaccines are available at no cost to people ages 12 and older in Alameda County. To find the vaccination site nearest you, visit our website: <https://covid-19.acgov.org/vaccines>

### What should you do if you are not fully vaccinated, and traveled outside the Bay Area?

If you traveled and spent time with people you normally do not live with, you can reduce the chance of spreading COVID-19 to others by taking the following steps:

1. If you traveled into California from out of state or from another country, **you should self-quarantine for 7 days after the date you return**—refer to the [California Department of Public Health Travel Advisory for information](#).
2. **You should get tested 1-3 days before entering California and again 3-5 days after arriving. You should self-quarantine for the full 7 days even if you test negative.**
  - If you do not get tested, stay at home (quarantine) for **10 days** after returning from travel. If you must leave your home during this time, keep at least 6 feet away from others **and** make extra sure that you are always wearing a face mask.
  - If you test positive, [learn about isolation](#), and isolate yourself to protect others from infection.



3. Even if you get tested, **avoid being around anyone who is at risk for severe COVID-19 illness for 14 days** after returning from your trip. [Learn about people at increased risk for severe illness from the CDC.](#)
4. Pay attention for symptoms of COVID-19, such as fever, cough, or difficulty breathing. Read [the CDC's list of COVID-19 symptoms](#).
  - If you develop symptoms, be sure to tell this to the people you recently had contact with.
5. Get tested **immediately** if you start to feel sick or if someone you were in [close contact](#) with starts having symptoms or tests positive. Locate a free testing site near you from [Alameda County's free testing site list](#).
  - You can get symptoms 2-14 days after being exposed. If someone was exposed on June 1<sup>st</sup>, they could develop an infection as late as June 15<sup>th</sup>.

#### **What makes a person a close contact?**

Close contacts are people that were within 6 feet of distance from a COVID-19 infected person for more than 15 minutes, from the time after that person was diagnosed or during the two days before that person developed symptoms. Read [ACPHD's definition of close contact](#).

#### **What help is available for people who test positive?**

If you test positive, there are programs that can help you with rent and food while you are in isolation and recovering. Review [the county's list of programs that help with food, housing and money](#).

#### **What if a person does not have health insurance to cover the cost of testing or vaccination?**

If you do not have health insurance or would like to get a free test, please view [Alameda County's list of free testing sites](#).

For more information about COVID-19, visit [the ACPHD COVID-19 website](#).