



Guidance for Returning Holiday Travelers December 6, 2020

COVID-19 infections are increasing in the Bay Area and across California. The Alameda County Public Health Department (ACPHD) is recommending **against** travel this holiday season. 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. If you decide to travel outside the Bay Area, please follow the safety measures described [here](#).

What should you do if you traveled outside the Bay Area?

If you traveled outside the Bay Area for the holidays, and spent time with people you do not live with, you can reduce the chance of spreading COVID-19 to others by doing the following:

1. Get tested 3-7 days after returning from travel **AND** stay home for 7 days after returning from travel.
 - Stay home for the full 7 days even if you test negative.
 - If you test positive, [isolate](#) yourself to protect others from infection. Isolation instructions can be viewed [here](#).
 - If you do not get tested, stay home for 14 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 covering.
2. If you get tested or do not get tested, **avoid being around anyone who is at risk for severe sickness from COVID-19 for 14 days**. More information about this can be viewed [here](#).
3. Pay attention for symptoms of COVID-19, such as fever, cough, or difficulty breathing. A list of COVID-19 symptoms can be viewed [here](#).
 - If you develop symptoms, be sure to tell this to the people you recently had contact with.
4. Get tested **immediately** if you start to feel sick or if someone you were in [close contact](#) with starts having symptoms or tests positive. Alameda County's free testing sites can be viewed [here](#).
 - Please keep in mind that you can get symptoms 2-14 days after being exposed. If someone was exposed on November 26th, they could develop an infection by as late as December 9th.

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. You can view ACPHD's definition of close contact [here](#).



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How about people that work closely with vulnerable people, like health care workers or volunteers and workers in shared living settings? People who work in health care or in shared living settings, like jails, shelters, and nursing homes, should get tested for COVID-19 regularly, even if they did **not** travel for the holidays.

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. Programs that help during this time with food, housing and money can be viewed [here](#).

What if a person does not have health insurance to cover the cost of testing? If you do not have health insurance or would like to get a free test, please view Alameda County's free testing sites [here](#).

For more information you can view ACPHD's COVID-19 website [here](#).