Return after International Travel

Following travel, CDC recommends:

- <u>Get tested</u> 3-5 days after travel **AND** stay home and self-quarantine for 7 days after travel.
  - Even if you test negative, stay home and self-quarantine for the full 7 days.
  - If your test is positive, <u>isolate</u> yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at <u>increased risk for severe illness</u> for 14 days, whether you get tested or not.

Indiana Department of Health