

# Travel-Related Quarantine Guidelines | COVID-19

**Updated May 15, 2021**

In response to the COVID-19 pandemic, The Kansas Department of Health and Environment (KDHE) will issue regular **mandates** on travel-related quarantines for **international**, **domestic**, and **cruise**-related travel. The length of a travel-related quarantine is 7, 10 or 14 days after your last exposure depending on whether you have been tested for COVID-19 and preference of local health officer. Quarantine would start the day after you return to Kansas. See shortened quarantine guidance below. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine. Regularly check this list to stay up-to-date on travel-related guidance. Please refer to the KDHE Isolation and Quarantine FAQ for additional information.

KDHE is **mandating a home quarantine** for people in Kansas who are not fully vaccinated against COVID-19 disease or have not had COVID-19 disease within the last 6 months and have:

1. Traveled on or after May 6 to the Colorado counties of: Adams, Arapahoe, Archuleta, Bent, Chaffee, Conejos, Crowley, City and County of Denver, Douglas, Elbert, El Paso, Fremont, Huerfano, Jefferson, Lake, Larimer, Park, Phillips, Pueblo, Rio Blanco, San Juan, Teller and Weld.
2. Traveled on or after May 6 to the countries of Cabo Verde, India, Maldives and Seychelles.
3. Traveled on or after April 22 to Minnesota or the countries of Argentina, Bahrain, Croatia, Cyprus, Sweden and Turkey.
4. Traveled on or after April 8 to Pennsylvania or the country of Uruguay.
5. Traveled on or after March 26 to Delaware, Michigan or Rhode Island.
6. Traveled on or after March 12 to the country of State of Palestine.
7. Traveled between April 22 and May 6 to Aruba or France.
8. Traveled between April 8 and May 6 to Andorra, Bermuda, Curacao, Poland or Serbia.
9. Traveled between March 26 and May 6 to Hungary.
10. Traveled between March 12 and May 6 to New Jersey or New York.
11. **Attendance at any out-of-state mass gatherings of 500 or more where you did not socially distance (6 feet) and wear a mask.** Mass gatherings are defined as any event or convening that brings together 500 or more persons in a single room or space at the same time such as an auditorium, stadium, arena, large conference room, meeting hall, theater or any other confined indoor or outdoor space. This includes parades, fairs and festivals. Mass gatherings does not include normal operations of airports, bus and train stations, medical facilities, libraries, shopping malls and centers, or other spaces where 500 or more persons may be in transit. It also does not include typical office environments, schools, restaurants, factories or retail/grocery stores where large numbers of people are present, but it is unusual for them to be within 6 feet of one another for more than 10 minutes.
12. Traveled on a **cruise ship or river cruise on or after March 15, 2020.**

### **I have traveled recently and meet one of the mandatory quarantine criteria above. What should I do?**

Those who are under a 7, 10 or 14-day home quarantine should stay home and monitor their symptoms. They should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. If you become ill and need to seek medical attention, let your provider know that you have traveled recently or have been otherwise exposed to COVID-19. See KDHE's Isolation and Quarantine FAQ for more information.

### **If I am fully vaccinated, do I need to quarantine due to travel?**

Vaccinated persons are not required to quarantine following travel if they meet all of the following criteria:

- Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
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- Have remained asymptomatic since the travel

There is currently no time limit on how long fully vaccinated persons are considered immune. Persons who do not meet both of the above criteria should continue to follow current quarantine guidance for travel.

### **If I had COVID-19 disease, do I need to quarantine due to travel?**

People with previous COVID-19 disease are not required to quarantine following travel if they meet all of the following criteria:

- Have evidence of a previous infection supported by a positive PCR or antigen test
- Are within 6 months following infection. If an investigation was done documenting the date that symptoms resolved, or the date isolation measures were discontinued for asymptomatic patients, then the 6-month period can start from that end date. If those dates are not available, then the period will start from the date of the positive laboratory test. A serology or antibody test may not be substituted for a laboratory report of a viral diagnostic test.
- Have remained asymptomatic since the travel

Persons who do not meet all 3 of the above criteria should continue to follow current quarantine guidance for travel.

### **How are these travel areas determined?**

For countries outside of the United States, KDHE evaluates rates of diseases in those countries compared to the Kansas rate.

For locations within the United States, KDHE uses a number of sources of data including the number of cases each state has per population to determine whether the rate of disease is higher than the Kansas rate.

Currently, KDHE does not consider travel within Kansas as a criteria for travel-related quarantine. However, a local health officer may choose to include this as a criteria so you should be aware of your local isolation and quarantine criteria.

**[Check this page routinely for more the most up-to-date information regarding travel-related guidelines.](#)**

## KDHE Travel-Related **Mandatory** Quarantine Areas:

	Type	Effective Date	Where?
	<b>International Travel</b>	On or after <b>May 6, 2021</b>	Cabo Verde, India, Maldives or Seychelles
		On or after <b>April 22, 2021</b>	Argentina, Bahrain, Croatia, Cyprus, Sweden or Turkey
		On or after <b>April 8, 2021</b>	Uruguay
		On or after <b>March 12, 2021</b>	State of Palestine
		Between <b>April 22, 2021 – May 6, 2021</b>	Aruba or France
		Between <b>April 8, 2021 – May 6, 2021</b>	Andorra, Bermuda, Curacao, Poland or Serbia
		Between <b>March 26, 2021 – May 6, 2021</b>	Hungary
	<b>Domestic Travel</b>	On or after <b>May 6, 2021</b>	Colorado counties of: Adams, Arapahoe, Archuleta, Bent, Chaffee, Conejos, Crowley, City and County of Denver, Douglas, Elbert, El Paso, Fremont, Huerfano, Jefferson, Lake, Larimer, Park, Phillips, Pueblo, Rio Blanco, San Juan, Teller and Weld.
		On or after <b>April 22, 2021</b>	Minnesota
		On or after <b>April 8, 2021</b>	Pennsylvania
		On or after <b>March 26, 2021</b>	Delaware, Michigan or Rhode Island
		Between <b>March 12 – May 6, 2021</b>	New Jersey or New York
		<b>September 10, 2020</b>	Attendance at out-of-state mass gatherings of 500 or more where you do not socially distance (6 feet) and wear a mask.
	<b>Cruises</b>	On or after <b>March 15, 2020</b>	All cruise ships and river cruises

## Shortened Quarantine Guidance

KDHE continues to recommend a 14-day quarantine following exposure to COVID-19, as the incubation period for this disease is 14 days. CDC has released modified guidance allowing for shorter quarantine periods to increase better compliance with quarantine and increase people getting tested. Local Health Departments may choose to opt into this guidance. For information in your county, please contact your local health department.

### How the Shortened Time Period Works

(Please check in with your local health department for specific information in your community)

#### 7 Day Quarantine (Includes Testing and No Symptoms)

- After exposure, you monitor yourself for symptoms daily or participate in monitoring by Public Health for 7 full days.
- If you have no symptoms during this time frame, on or after Day 5, you may get a PCR test (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative, and you remain symptom-free, you can be removed from quarantine on or after Day 8.
- If Testing Results are pending, you must wait until you receive results.

#### 10 Day Quarantine (No Testing and No Symptoms)

- After exposure, you monitor yourself for symptoms daily or participate in Public Health monitoring for 10 full days.
- If you have no symptoms during the 10 days, you can be released from the quarantine without a test on Day 11.

KDHE recommends all exposed people should self-monitor for fourteen (14) days from exposure and contact healthcare provider if symptoms develop. Disease can still develop through day 14.

#### Who is Not Eligible for Shortened Quarantine:

- Residents of long-term care and assisted living facilities
- Offender populations in Department of Corrections prisons

#### When is it preferable NOT to allow Shortened Quarantine:

KDHE recommends that close contacts of cases infected with variants of the SARS-CoV-2 virus that are known to be more infectious observe the full 14-day quarantine.

## Quarantine Length

Quarantine length is 7, 10 or 14 days after your last exposure depending on whether you have been tested for COVID-19 and preference of local health officer. Quarantine would start the day after you return to Kansas from travel or the day after your last exposure.

