RCC HOLIDAY TRAVEL GUIDELINES

RCC follows CDC guidelines for Travel (Domestic and International). Please complete the travel form and submit to your supervisor prior to travel.

AFTER DOMESTIC TRAVEL

You might have been exposed to COVID-19 on your travels. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. For this reason, CDC recommends the following:

If you are NOT Up to Date with your COVID-19 Vaccines

- **Stay home and self-quarantine** for a full 5 days after travel.
- Get tested with a [viral test](#) 3-5 days after returning from travel. (Check for [COVID-19 testing locations near you](#))
- Follow additional recommendations below for ALL travelers.

ALL Travelers

- Self-monitor for [COVID-19 symptoms](#); isolate and get [tested](#) if you develop symptoms.
- Follow all [state, tribal, local, and territorial](#) recommendations or requirements after travel.

If Your Test is Positive or You Develop [COVID-19 symptoms](#)

- **Isolate** yourself to protect others from getting infected. Follow the CDC guidelines on [what to do](#) when you are sick and when to **end your isolation**

If You Recently Recovered from COVID-19

- You do NOT need to get tested or quarantine if you recovered from COVID-19 in the past 90 days. You should still follow all other travel recommendations. If you develop [COVID-19 symptoms](#) after travel, **isolate** and consult with a healthcare provider for testing recommendations.

AFTER INTERNATIONAL TRAVEL

You might have been exposed to COVID-19 on your travels, whether you traveled by air, land, or sea. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. For this reason, CDC recommends the following:

If You Are NOT Vaccinated and Up to Date with your COVID-19 Vaccines

- **Stay home and self-quarantine** for a full 5 days after travel.
- Follow additional recommendations below for ALL travelers.

ALL Travelers

- Get tested with a [COVID-19 viral test](#) 3-5 days after travel. (Check for [COVID-19 testing locations near you](#))
- Self-monitor for [COVID-19 symptoms](#); isolate and get tested if you develop symptoms.
- Follow all [state, tribal, local, and territorial](#) recommendations or requirements after travel.

If Your Test Result is Positive or You Develop [COVID-19 symptoms](#)

- **Isolate** yourself to protect others from getting infected. Follow the CDC guidelines on [what to do](#) when you are sick and when to **end your isolation**

If You Recovered from COVID-19 Recently

- If you recovered from a documented COVID-19 infection within the past 90 days (regardless of vaccination status), you do NOT need to get a test 3-5 days after travel. You also do not need to self-quarantine after travel. If you develop [COVID-19 symptoms](#) after travel, **isolate** and consult with a healthcare provider for testing recommendations.