



# COVID-19 Holiday Travel Reminder

*Based on recommendations from the CDC and the AK Department of Public Health*

## BEFORE TRAVEL

### Testing Recommended

- If you are **NOT** fully vaccinated, get tested 1-3 days before your trip.

It is recommended that you do **NOT** travel if...

- You have been exposed to COVID-19 unless you are fully vaccinated or recovered from COVID-19 in the past 90 days.
- You are sick.
- You tested positive for COVID-19 and haven't ended isolation (even if you are fully vaccinated).
- You are waiting for results of a COVID-19 test.

## DURING TRAVEL

### Protect Yourself and Others RECOMMENDED

- Travelers 2 years of age or older should wear masks in indoor public places if they are:
  - Using public transportation.
  - Not fully vaccinated
  - Fully vaccinated and in an area with substantial or high COVID-19 transmission
  - Fully vaccinated and with weakened immune systems
  - In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings
- Wash your hands often or use hand sanitizer.


## AFTER TRAVEL

### ALL Travelers RECOMMENDED

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

### If you are **NOT** fully vaccinated RECOMMENDED

- Strongly recommended testing 48 hours prior to returning to Kodiak or any time after arrival.
- If pre-travel/arrival test is negative, individual may return to work or school but strictly monitor for symptoms.
- Follow-up second test is strongly recommended 5 days after return.



If you plan to travel, do you want a COVID-19 test kit to take home?

Please reach out to your school nurse or school secretary if you would like a set of BinaxNOW Antigen Home tests to use before, after, or during travel. Test kits are available for students and staff only.

