

Preventing COVID-19 Variant Spread During Travel Messaging

03/29/2021

Please share these messages widely with your community. Messages can be modified to share on social media channels, websites, and included in communications materials related to COVID-19.

COVID-19 variants are spreading.

- There are new COVID-19 variants circulating through communities. These new variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19.
- Some of the variants have also been shown to cause more severe illness with more people being hospitalized and deaths.
- Vaccines and treatments may also not be as effective against some variants, so slowing the transmission of these variants in the community is very important.
- Every time you travel, you can spread COVID-19 variants to your community when you return.
- Help prevent COVID-19 variants from spreading in your community by wearing a mask, getting tested, and getting vaccinated when you are able. Follow public health guidelines as recommended.

Do not travel unless absolutely necessary.

- If you must travel, do what you can to protect yourself and your family.
- Make sure to wear a mask, wash your hands a lot, stay 6 feet away from others, and stay home if you feel sick.

Lay low before you go.

- If possible, get tested 1-3 days before you leave.
- Stay home as much as possible for 14 days before travel. It can take up to 14 days for a person to get COVID-19. By staying at home for 14 days before travel, you can help prevent the spread of COVID-19 to others when you travel.
- Some destinations may require you to get tested before arriving. For international travel, check testing and vaccination requirements for entering the country.

- If you are sick or have tested positive for COVID-19, **do not travel**.

Get tested before returning home.

- If you are traveling internationally, the United States requires a COVID-19 test before you can fly back to the United States.

Stay home and away from others after travel even if you have been vaccinated.

- If you travel out of state, you should stay home and away from others (quarantine) for 7 days if you have a negative test and no symptoms and for 10 days if you do not get tested. This is especially important for those traveling out of the country.
- During your quarantine, it is important that you stay home and watch for symptoms.
- If you must go out, wear a mask, stay 6 feet from other people, and wash your hands often.
- When planning a trip, plan time away from work after you return to stay away from others and prevent COVID-19 from spreading.

Get tested after travel.

- Minnesota strongly recommends that those who travel get tested 3-5 days after returning from travel.
- You can visit a no-cost testing site, a clinic or hospital, or order an At-Home test kit. Find testing options at <https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>.

Get vaccinated when it is available to you.

- Minnesotans age 16 and older are eligible for vaccination. Not everyone will be able to get an appointment right away.
- To get a shot, talk to your health care provider or local pharmacy and sign up for the Vaccine Connector at <https://mn.gov/covid19/vaccine/connector/connector.jsp>.



Wear a mask.



Wash your hands.



Stay 6 feet from others.



Stay home if you feel sick.



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Contact health.communications@state.mn.us to request an alternate format.