



## Updated Travel Guidance During COVID-19 Pandemic

*The following guidelines are aligned with the CDC and meant to provide ways to help keep yourself, and those around you, safe, and go into effect October 5, 2021.*

### Travel Recommendations and Requirements (CDC.gov):

**Non-vaccinated team members: Domestic Air/Bus/Train Travel** - 7 day quarantine required after travel. A negative viral/PCR test will be required approximately 3-5 days after your trip and prior to your return to work. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	MESSIAH	
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

**International Air Travel** - CDC requires testing 1-3 days before your flight returns to the US. A negative viral/PCR test will be required approximately 3-5 days after your trip.

**Non-vaccinated team members:** A negative viral/PCR test will be required approximately 3-5 days after your trip and prior to your return to work. 7 day quarantine required after travel in addition to the guidance above. Check out the link below for more details from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

International Travel RECOMMENDATIONS AND REQUIREMENTS	MESSIAH	
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

**Cruise Ship and River Cruise Voyages** - A negative viral/PCR test will be required approximately 3-5 days after your trip and prior to your return to work regardless of vaccination status. Check out the link below for more details from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/returning-cruise-voyages.html>

**Please note:** Messiah Lifeways will not be completing any of the above required testing. If the testing required is aligned with the scheduled mandatory testing being completed at Messiah based on the level of spread within the county at the time of your travel, you may use that testing to meet your travel requirements. Otherwise, you may be required to obtain testing elsewhere and/or remain off until you have a negative result.

### Travel Tips Regardless of Vaccination Status:

Before you travel, be sure to review the [CDC guidelines](#) and practice methods for [protecting yourself and others](#) during your trip:

#### Updated Information for Travelers

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
  - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
  - Fully vaccinated travelers do not need to self-quarantine
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
  - Wear a mask over your nose and mouth
  - Stay 6 feet from others and avoid crowds
  - Wash your hands often or use hand sanitizer

- Clean your hands often.
  - [Wash your hands](#) with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
  - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others. Keep 6 feet of physical distance from others.
- [Wear a cloth face covering in public.](#)
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.

**Visitors to your home & continued monitoring:**

Team Members should be mindful that visiting with friends and family increases your chances of getting and spreading COVID-19. As usual, you should be monitoring for symptoms very closely on a day-to-day basis. If you develop any signs or symptoms of illness during work, report this to your supervisor and leave immediately. If you are feeling ill at home, do not come to work. And continue to report any signs or symptoms at the screening table upon arrival to work.