

## Current travel recommendations

- If you are sick, avoid traveling.
- If you are at higher risk for serious illness from COVID-19 (older adults and people with chronic medical conditions), avoid non-essential travel on airplanes and cruise ships.
- Follow CDC recommendations on travel to areas where there is widespread transmission of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

## Things to consider

- COVID-19 cases are occurring in many states and countries around the world. While there may not be community spread in these places, community spread may start occurring.
  - Community spread (or transmission) means there are cases and outbreaks in many communities where people are spreading the virus to other people. People may not know how they got the virus.
- Traveling to places where there is community transmission means you might be exposed to COVID-19 or get sick with COVID-19 while you are away from home. If one of those things happens:
  - You may be ordered into quarantine (if not sick) for 14 days in the place you traveled to.
  - You may be ordered into quarantine for 14 days upon returning home.

## Visitors to Colorado

- Our priority is keeping all Coloradans and visitors to our state safe.
- If you are visiting Colorado, start showing symptoms (fever, cough, shortness of breath) and believe you have been exposed to COVID-19:
  - Stay inside your lodging/residence except to get medical care (see below).
    - People who are mildly ill with COVID-19 may be able to isolate at their lodging/residence during their illness.
  - Avoid public areas.
  - Avoid public transportation including buses, taxis, and ride-sharing.
  - Separate yourself from other people.
    - As much as possible, stay in a specific room and away from other people. Use a separate bathroom if available.
- **CALL** a hospital, urgent care, or other health care facility ahead **BEFORE** going in. Tell them that you may have been exposed to COVID-19. This will help the

health care provider take steps to keep other people from getting infected or exposed.

## Travelers should stay informed and take preventive actions

- **Protect yourself** from respiratory illnesses, including COVID-19.
  - Avoid close contact with people who are sick.
  - Wash your hands frequently with soap and water. If soap and water is not available, use a hand sanitizer that has at least 60% alcohol.
  - Cover your nose and mouth with a tissue when coughing and sneezing, then throw the tissue away and wash your hands. Use your inner elbow or sleeve if you don't have a tissue.
  - Avoid touching your face including your eyes, nose and mouth.
  - People who are not sick do not need face masks to protect themselves from respiratory viruses, including COVID-19. Ill people should wear a mask, if available, to protect family members or in any scenario where a mask is needed to prevent the spread of germs.
- **Stay informed** with reliable, up-to-date information.
  - Call 303-389-1687 or 1-877-462-2911 or email [COHELP@RMPDC.org](mailto:COHELP@RMPDC.org) (answers in English only).
  - You can also follow our COVID-19 updates here
    - [colorado.gov/cdphe/2019-novel-coronavirus](https://colorado.gov/cdphe/2019-novel-coronavirus)
    - Facebook: <https://www.facebook.com/CDPHE>
    - Twitter: [@CDPHE](https://twitter.com/CDPHE)

## More information for travelers

- [cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html](https://cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html)
- [cdc.gov/coronavirus/2019-ncov/travelers/faqs.html](https://cdc.gov/coronavirus/2019-ncov/travelers/faqs.html)