ALLEGHENY COUNTY HEALTH DEPARTMENT
COVID-19 GUIDANCE

Guidance for Travelers
(Updated: 7/3/2020)

Taking a trip doesn't mean taking a break from reducing the spread of COVID-19. Traveling increases your chances of getting and spreading the coronavirus. The Allegheny County Health Department recommends people follow these precautions while traveling and after returning, especially if visiting areas with high or increasing cases, or those areas considered to be hot spots.

On June 28, 2020, the Health Department recommended that people who have traveled, particularly high-risk travel, or who will return to large workplaces or interact with the public, quarantine for 14 days after returning. Travelers may also consider getting tested upon their return due to potential exposure.

Low risk travel includes:
- Travel to states with low COVID-19 cases and low positivity rates
- Driving with members of your household
- Visiting secluded places and keeping 6 feet of distance, including day trips
- Camping or staying at private accommodations with members of your household
- Not frequenting bars, restaurants or shops
- Commuting to neighboring states in your personal vehicle

High risk travel includes:
- Travel to states with high COVID-19 cases and high positivity rates
- Using airplanes, buses or trains
- Visiting crowded places where maintaining 6 feet of distance is difficult, including day trips
- Staying at hotels, motels or resorts or with non-household members
- Frequenting bars, restaurants or shops
- Travel that involves large in-person meetings or social gatherings

If you do travel, protect yourself and others throughout the trip:
- Avoid crowded locations and close contact; keep at least six (6) feet away from others;
- Wear a face covering over your nose and mouth, even if it's not required where you travel;
- Wash your hands or use hand sanitizer frequently, especially after being in public or touching frequently touched surfaces and before and after touching your face, eating, or smoking;
- Avoid touching your eyes, nose, or mouth and cover coughs and sneezes; and
- Consider picking up food at a drive-thru, curbside restaurant service, or stores.

When your return from your trip:
- For higher risk travel, it is strongly recommended you quarantine for 14 days. If that is not possible, an alternative is to get tested twice at least 48 hours apart to reduce the chance of false negative tests. If only one test is possible, wait at least 4 days from your return to get tested.
- Watch for COVID-19 symptoms and check for symptoms among travel companions; and
- Get tested if you have symptoms of COVID-19 or if worried about possible exposure to COVID-19.

Testing locations in the county can be found at: https://bit.ly/ACTestingSiteMap

Questions about COVID-19? Visit www.alleghenycounty.us/coronavirus or call the Health Department's coronavirus hotline at 1-888-856-2774.