



## Travel without COVID-19 this summer: Suggested talking points

- **Get up to date on your COVID-19 vaccines before your trip.**
  - Even though the majority of countries no longer require travelers to be vaccinated, getting up to date on your COVID-19 vaccines a couple of weeks before your trip is the best way to stay safe.
  - If you are age 6 or older, you now need one bivalent vaccine in order to be up to date, regardless of how many shots you received in the past.
  - People who are ages 65 and older or immunocompromised have the option to get an additional bivalent booster.
  - Younger kids still need to complete their entire primary series, but they will now get their remaining shots with bivalent vaccines.
- **Masking and testing continue to be good ways to reduce transmission.**
  - Most airlines no longer require masks, and many countries have ended COVID-19 testing requirements. But these measures continue to be important to limit transmission.
  - Consider wearing a high-quality, well-fitting mask in crowded, indoor areas, such as the plane, train station, or shopping mall, especially if you are high-risk or immunocompromised.
  - Testing before and after travel is key to reducing the virus's spread, even if you don't have symptoms.
- **Keep track of COVID-19 in the area you're visiting.**
  - Even if COVID-19 is in relatively low circulation where you live, this may not be the case in the country or city you're traveling to.
  - [Do some research](#) before your travels and keep track of the COVID-19 situation in your travel destination.
  - Check if your health insurance covers care abroad and consider travel health insurance if you are at higher risk of falling ill.
  - Bring your health documents and extra medication in case you need to stay for longer than planned.
  - Think through the risks you're willing to take, considering that you may have to seek care and isolate abroad if you catch COVID-19 on your travels.



## Travel without COVID-19 this summer: Frequently asked questions

### 1. The public health emergency is over. Why should I still care about COVID-19?

While the end of the public health emergency is a huge victory, it is not a declaration that COVID-19 is over as a public health threat. We are no longer in an emergency situation, but the virus is still around and here to stay. Going forward, it's important to continue [staying up to date on vaccines](#) and taking advantage of tests and treatments in order to prevent transmission and severe disease. This is especially important if you are traveling since you are increasing your potential risk of exposure to the virus by being in contact with more people.

### 2. Do I still need to get tested and vaccinated to travel?

Very few countries still have requirements for travelers to get tested or be fully vaccinated in order to enter their borders. But getting up to date on your COVID-19 vaccines a couple of weeks before your trip is the best way to stay safe. Staying up to date with the tools available ensures that you have the strongest immune protection against COVID-19 as possible. Getting tested before your trip as well as masking in high-risk situations throughout your trip remain good ways to reduce the risk of transmission.

### 3. Why is it important to get tested after a trip?

Getting tested after your travels is an important way to reduce the risk of transmission once you're back home. Traveling and gathering put you in contact with more people than usual, which means that your risk of being exposed to COVID-19 and other viruses can increase. If you have COVID-19 symptoms, get tested immediately. Even if you don't have symptoms, get tested five days after traveling or gathering, especially if you were exposed to someone with COVID-19. You can [avoid a false negative](#) by taking two rapid tests 48 hours apart if you have symptoms. Take three tests, also 48 hours apart, if you were exposed but have no symptoms.