Pre-Travel Considerations

- **Vaccination:** You should complete a COVID-19 vaccination series at least 2 weeks before travel for maximal protection. If you are eligible for the booster vaccine, please consider scheduling it now. In addition, the influenza vaccine is recommended before travel when annual vaccine is available.
  - The COVID-19 vaccine is highly effective against severe infection, hospitalization, and death.
  - If you are vaccinated, you can still get a mild COVID-19 infection and transmit to others.
  - Vaccination against COVID-19 is required for all non-U.S. citizens, nonimmigrant passengers who are arriving to the U.S. by air travel. Other countries may have similar requirements, please be sure to check your destination’s COVID-19 regulations prior to arrival.

- **Masking:** You should wear a mask that covers your nose and mouth when you are leaving your room/private lodging even if vaccinated (see above).
  - Certain destinations may no longer require masks in public settings, please be sure to check your destination’s COVID-19 regulations prior to arrival.
  - The federal government still requires mask wearing while in airports, train stations, bus stations, and other public transportation. We also recommend wearing a mask while using other forms of transport, like ride shares.

- **Testing:** Certain international destinations may require a test 24 hours prior to arrival. Make sure you plan ahead to ensure testing prior to departure.
  - Proof of negative COVID-19 test upon arrival to campus, regardless of vaccination status, continues to be required for all campus members following international travel. Excluding those who have tested positive for COVID-19 within 90 days of arrival.
    - PCR testing will also be required between days 5 and 7 following arrival.
  - Testing upon arrival is also recommended for domestic travel when returning from an area designated as high-risk for any individual who is not fully vaccinated.
    - To find your destination’s risk level, please utilize this site.

- **Other General Recommendations:**
  - **Distancing:** Practice physical distancing to the extent possible - this means being 6 feet or more from others who are not members of your household, regardless of if you are all wearing a mask and vaccination status.
  - **Lodging:** Whenever possible, select lodging where you will not be staying with individuals outside of your household. If you do need to share lodging, avoid sharing sleeping areas, and wear a mask in common areas.
  - **Events and gatherings:** Avoid crowds and gatherings with individuals who aren't members of your household, especially gatherings held indoors.
  - **Eating and drinking:** Do not share food, beverages, or utensils with others.
- **Hand hygiene**: Use good hand hygiene and disinfection practices, especially after contact with commonly touched surfaces.

### Post-Travel Considerations

- **Testing**: All individuals, regardless of vaccination status, should obtain PCR testing after arrival when returning from all international destinations (see “Testing” above).
  - PCR testing is required upon arrival to campus.
  - PCR testing is also required 5-7 days after your arrival.
  - Testing on arrival and testing between days 5-7 after arrival is also recommended for individuals who are not fully vaccinated and returning from domestic travel in areas designated as high-risk.
  - If you tested positive for COVID-19 less than 90 days prior to your return, you are not required to test.

- **Quarantine**: Any individual who is not fully vaccinated is required to quarantine when returning from all international destinations. To find your destination’s risk level, please utilize [this site](#).  
  - If you are required to quarantine it will be for a period of 10 days. You are eligible for a shortened quarantine if you test negative between days 5 and 7 via PCR test and continue to not have symptoms of COVID-19.
  - **Returning to work**: If you are required to quarantine, you may return to work after you meet the testing requirements above. If you choose not to test, you should return to work after your 10-day quarantine as long as you do not develop any symptoms of COVID-19.

- **Symptom monitoring, masking, and physical distancing**: All individuals, regardless of vaccination status or previous infection should be monitoring themselves for any symptoms of COVID-19 for 10 days following their return. Strict masking and physical distancing practices are also recommended for a period of 10 days following travel.

- **When to report to UIC Contact Tracing**: Report to us if you develop symptoms of COVID-19, test positive, or have a known exposure to a confirmed or suspected COVID-positive at any point before or during your trip.

*Please visit [this site](#) for a helpful visual on post-travel guidance.*

*For further guidance on how to stay safe while traveling, visit the [CDC’s travel page](#).*

*General COVID-19 related resources can be found on [our website](#).*