# GLOBAL/INTERNATIONAL TRAVEL: COVID-19

If you plan to travel internationally, you will need to:

- Get tested no more than 3 days before you travel by air into the United States and show your negative result to the airline before you board your flight **OR**
- Be prepared to show documentation of recovery (proof of a recent positive viral test and a letter from your healthcare provider or a public health official stating that you were cleared to travel).

You may have been exposed to COVID-19 while traveling. Even with no symptoms, you can spread the virus to others.

PROTECT OTHERS FROM GETTING SICK
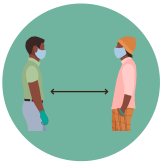
Keep at least 6 ft. apart from others.

Wear a mask.

Wash your hands often.

Watch your health for COVID-19 symptoms.

TAKE CARE AFTER TRAVEL

Get tested at 5 days AND stay home for 7 days.

If you don't get tested, stay home for 10 days.

Whether or not you get tested, avoid being around poeple at increased risk for severe illness for 14 days.

Montgomery County
Office of Public Health

IF YOU TEST POSITIVE OR GET SICK, ISOLATE YOURSELF FROM OTHERS.