



## Travel Advisory November 17, 2020

COVID-19 is spreading rapidly in many parts of the country. Nonessential travel, including holiday travel, is not recommended. Travel outside the Bay Area will increase your chance of getting infected with the virus that causes COVID-19, and spreading it to others after your return. Additional precautions should also be taken when hosting and interacting with people traveling to the Bay Area, especially from other areas with widespread COVID-19.

Many people with COVID-19 have no symptoms. The virus that causes COVID-19 can also travel in the air beyond 6 feet. The virus collects indoors and in enclosed spaces including in planes, buses, trains, public transportation, or other shared vehicles.

If you travel out of California the California Department of Public Health (CDPH) recommends you **self-quarantine for 14 days upon returning to California**. People arriving in California from other states or countries should also self-quarantine for 14 days after their arrival.

This recommendation does not apply to people leaving or entering California for “essential travel,” including work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.

If you travel outside the Bay Area but remain in California, the San Francisco Department of Public Health (SFDPH) and the Association of Bay Area Health Officials (ABAHO) which represents 10 Bay Area counties, strongly recommends that you **self-quarantine for 14 days after your return if your activities while travelling put you at higher risk of getting COVID-19**. These higher risk activities include:

- Spending time within 6 feet of people you do not normally live with, while you or anyone around you was not wearing a face mask – especially if you were indoors.
- Traveling on planes, buses, trains, public transportation, or other shared vehicles, if face masks were not worn at all times by both you and the other people in the vehicle.

This recommendation does not apply to people who regularly commute to work or school in San Francisco from places outside of the Bay Area. Essential COVID-19 Response Workers<sup>1</sup> should follow their employer’s policies regarding working after travel.

### If you are considering travel outside the Bay Area, plan ahead:

- Know how widespread COVID-19 is in the area you are planning to visit. For cases in the last 7 days by state, see [https://covid.cdc.gov/covid-data-tracker/#cases\\_casesper100klast7days](https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days).



- Find out where you can be tested if you develop symptoms of COVID-19 during your trip. For a list of symptoms, see [www.sfcddcp.org/covid19symptoms](http://www.sfcddcp.org/covid19symptoms).
- People at high-risk of severe COVID-19 should be particularly careful about traveling outside the Bay Area. Reconsider or adjust your travel plans if you are in one of these groups:
  - People who are older, smoke or are overweight
  - Pregnant women
  - People with certain medical conditions like diabetes, heart problems, COPD, cancer, weakened immune systems, and sickle cell disease.

See [www.sfcddcp.org/vulnerable](http://www.sfcddcp.org/vulnerable) for more information.

- Reconsider travel or adjust your travel plans if you will be travelling with someone who cannot wear a mask consistently, including children under 2 who should not be wearing face masks due to risk of suffocation.

**DO NOT travel if you are sick. You could spread COVID-19.**

If you have COVID-19 symptoms (see [www.sfcddcp.org/covid19symptoms](http://www.sfcddcp.org/covid19symptoms)), get tested and wait for a negative test result before you start your trip.

**If you must travel, reduce your risk.**

- **Wear a facemask and stay 6 feet of away from people you do not live with, including family members.**
- **Avoid spending time indoors with people you don't normally live with, including family members, to the extent possible.**  
The risk of getting COVID-19 is generally **much greater** indoors that outdoors because the virus that causes COVID-19 can travel in the air more than 6 feet and collects indoors and in enclosed spaces. If you must spend time indoors, choose a larger room that is well-ventilated or where windows and doors can be opened, and wear a face mask at all times. See more at [www.sfcddcp.org/indoorrysk](http://www.sfcddcp.org/indoorrysk).
- **Try to limit the number of people you interact with.** For example, if you are travelling to see family, avoid in-person interactions with neighbors or friends.
- **Don't share vehicles with people you don't live with.** Vehicles are small enclosed spaces where COVID-19 can spread easily between people. If you must share a vehicle, try to ride with the same people each time, make sure everyone wears a facemask, open windows, and maximize outdoor air circulation as much as you can.
- **Avoid or limit holiday meals or gatherings with people you don't normally live with, including family members.** Eating and drinking together is higher-risk because people must take off their masks to eat or drink, are more likely to touch their mouths



while eating, often sit within 6 feet of each other, and talk while eating, creating more respiratory droplets. If you do have a holiday dinner or gathering, it is safer for people in different households to sit outdoors at least 6 feet apart and to wear masks when they are not actively eating or drinking (such as when talking).

**If you are hosting visitors from outside the Bay Area, take the same precautions.**

- Reconsider if they are coming from part of the country with widespread COVID-19 (see [covid.cdc.gov/covid-data-tracker/#cases\\_casesper100klast7days](https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days)).
- Ask them not to visit if they are sick. See [www.sfcdcp.org/covid19symptoms](http://www.sfcdcp.org/covid19symptoms).
- Reconsider if you or anyone in your home is at higher-risk of COVID-19 ([www.sfcdcp.org/vulnerable](http://www.sfcdcp.org/vulnerable)), or if anyone in your home or among your visitors, including children, will not be able to wear facemasks consistently.
- Take the steps above to lower the risk of infection during their stay.
- Consider self-quarantining for 14 days after their stay if they spent time within 6 feet of you or shared a vehicle with you when everyone was not wearing a mask.

For more information on traveling during the COVID-19 pandemic, see:

- Centers for Disease Control  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- California Department of Public Health  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx#Travel>
- The Association of Bay Area Health Officials (ABAHO) Holiday Recommendations:  
<https://www.sfdph.org/dph/alerts/covid-guidance/ABAHO-Winter-Holiday-Recommendations.pdf>