

Limit Travel to Slow the Spread of COVID-19

Stay Close to Home Travel Only if it's Essential

Cases of COVID-19 are rapidly rising across the nation and throughout California. Travel can increase the risk of spreading COVID-19. Limit non-essential travel and stay close to home, within a 2–3-hour drive. Residents who travel outside the state and visitors from other states and countries should self-quarantine for 14 days after arrival.

Essential travel is traveling for work or study, critical infrastructure support, economic services and supply chains, health, immediate medical care, or safety and security.

Non-essential travel includes tourism and recreation. Visiting family and friends (except for medical or other care), is not essential.

Stay home unless it is essential to travel. If you must travel, do it safely. Limit your chance of spreading COVID-19 by:

- Wearing a face covering.
- Maintaining physical distancing when in shared transportation such as buses, planes and trains.

Self-quarantine for 14-days after arriving from another state or country. Limit interactions to your immediate household during this time.

It is safest to stay home. Avoiding non-essential travel reduces the risk of spreading the virus and bringing it back to your friends and family in California.

Learn more at www.cdph.ca.gov and check out the CDC's holiday travel guidance at www.cdc.gov

