

Traveler's Checklist: COVID-19 Risk Factors

The Center for Disease Control (CDC) recommends you do a [self-assessment](#) to determine your risks when traveling.

- Is [COVID-19 spreading](#) where you are going?
You can get infected while traveling.
- Is [COVID-19 spreading](#) in your community?
Even if you do not have symptoms, you can spread COVID-19 to others while traveling.
- **Will you or those you are traveling with be within 6 feet of others during or after your trip?**
Being within 6 feet of others increases the chances of getting infected and infecting others.
- **Are you or those you are traveling with [more likely to get very ill from COVID-19](#)?**
Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.

United States Department of State
TRAVELER'S CHECKLIST
Travel Smart. Travel Safe. Travel Well.

Before traveling abroad, make sure to:

- GET INFORMED** about your destination at travel.state.gov/destination, and plan for the unexpected at travel.state.gov/cr
- GET REQUIRED DOCUMENTS**, such as your passport and visas.
- GET ENROLLED** in the Smart Traveler Enrollment Program (STEP) at step.state.gov to receive security and emergency alerts.
- GET INSURED** for medical, evacuation and other unexpected expenses.

Carry this card with you when you go abroad.

Before traveling, look up your destination at travel.state.gov/destination and write the address/phone number of the U.S. embassy or consulate in that country below.

Contact them for overseas emergencies, or call:
Overseas Citizens Services, Washington, D.C.
888-407-4747 (toll-free U.S. and Canada)
+1 202-501-4444 (from overseas)

U.S. Passport Information
877-487-2778 or TDD/TTY 888-874-7793

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travel.state.gov/travelerschecklist

US Department of State

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-checklist.html>

Employees may sign up for the university's travel listserv to receive up-to-date travel information [here](#)