

## Itinerary

**Round Trip:** United States → Spain → United States

## Health Concerns Summary

The following may pose a risk or require preventive measures based on this itinerary. See the report sections below for details.

- Vaccine-Preventable Diseases: hepatitis A, hepatitis B, influenza, measles, mumps, rubella, meningococcal meningitis, rabies
- Other Diseases: hepatitis C, leishmaniasis, Lyme disease, rickettsial infections, travelers' diarrhea, viral hemorrhagic fevers, West Nile virus

During the COVID-19 pandemic, routine vaccination of infants and young children aged  $\leq 24$  months is a top priority in the context of well-child care and should be prioritized when possible; vaccination of older children may still be conducted or postponed to a later date depending on community circumstances and resources.

## COVID-19

### Spain

Last updated: March 29, 2023

**Fully vaccinated:** 79.2%

**Boosted or Additional Dose:** 56.1%

**Daily new cases:** 927 (7-day rolling average)

**Daily new cases / 100,000:** 2

**Daily new deaths:** 37 (7-day rolling average)

**Daily new deaths / 100,000:** 0.08

**14-Day Case Change:** -8%

### COVID-19 Travel Restrictions

Last change: February 21, 2023

#### Entry Restrictions

Nationals and residents of Spain may enter.

Foreigners may enter.

#### Asymptomatic Arrivals

No known mandatory quarantine measures exist.

### COVID-19 Travel Recommendations

#### Shoreland Recommendation

All travelers should be up-to-date (i.e., boosted) on COVID-19 vaccinations prior to their trip. Persons who are at increased risk for severe illness from COVID-19 (even if up-to-date) should consider delaying nonessential travel to this country. All travelers

should follow destination recommendations for masking and social distancing.

This recommendation is based on aggregate national data, available medical care, and access to testing.

Some cities or regions may have higher or lower risk.

## Yellow Fever

### Requirement Information (for entry, per WHO)

#### Is yellow fever vaccine an official entry requirement for this itinerary?

**NO.** An official certificate showing vaccination is not required for entry by any country on the entered itinerary sequence, but view full details and see "YF Requirement Table" if there are additional transited countries.

**Visa application:** Proof of YF vaccination may be required for certain visa applicants. Travelers should contact the appropriate embassy or consulate with questions and, if it is required for their visa, carry the YF certificate with their passport on the day of travel.

#### Yellow Fever Requirement Table for this Itinerary

The following values result in the "NO" requirement result shown above (based on a round trip with United States as the home country):

| Yellow Fever Requirement Table |              |                         |                 |          |
|--------------------------------|--------------|-------------------------|-----------------|----------|
| Country                        | Transm. Risk | Required if Coming From | Applies to Ages | See Note |
| UNITED STATES                  | No           | None                    | None            |          |
| SPAIN                          | No           | None                    | None            |          |

### Recommendation Information (for health protection)

#### Is yellow fever vaccine a recommended protective measure for this itinerary?

**NO.** Vaccination is not necessary as a protective measure for any country on this itinerary.

## Travel Vaccination Recommendations

### Hepatitis A

#### Spain

*Recommended for:* men who have sex with men and travelers with adventurous dietary habits, prolonged stays, or itineraries outside of common tourist (or other prearranged fixed) packages, especially in rural areas.

*Consider for:* all risk-averse travelers desiring maximum pretravel preparation.

### Influenza

#### Spain

Risk exists from November through April, with peak activity usually occurring from January through February, although off-season transmission can occur.

*Recommended for:* all travelers during transmission season due to demonstrated influenza risk in this group.

## Vaccination Considerations

### Spain

Travelers not already immunized with the currently available vaccine formulation should be vaccinated. Travelers immunized with the current formulation more than 6 months earlier should consider revaccination because immunity may have declined. Consider baloxavir or oseltamivir as standby therapy, especially for those who are at high risk for complications from influenza or inadequately vaccinated.

## Hepatitis B

### Spain

*Recommended for:* all health care workers; travelers with possible contact with contaminated needles (e.g., from acupuncture, tattooing, or injection-drug use) or possible sexual contact with a new partner during the stay.

Travelers should observe safer-sex practices and blood/bodily fluid precautions.

## Measles, mumps, rubella

### Spain

Due to recurring regional outbreaks, immunity is important for travel to this destination. Vaccine is indicated for those born in 1957 or later (1970 or later in Canada and UK; 1966 or later in Australia) without evidence of immunity or of 2 countable doses of live vaccine at any time during their lives. Also indicated for those born before 1970 (in Canada) without evidence of immunity or previous vaccination with 1 countable dose of measles-containing vaccine.

## Rabies

### Spain

#### **Preexposure vaccination:**

Risk of lyssavirus from bats exists and is presumed to have widespread distribution. Rabies is not present in canines or other mammals.

*Recommended for:* all travelers likely to have contact with bats.

#### **Postexposure prophylaxis considerations:**

Bat bites or scratches should be taken seriously, and postexposure prophylaxis should be sought even by those already vaccinated.

#### **Preexposure vaccination for Ceuta and Melilla territories (North Africa) only:**

Risk from dogs exists and is presumed to have widespread distribution.

*Recommended for prolonged stays:* all travelers and expatriates going to rural areas where risk exists, with a priority for young children.

*Recommended for short stays:* adventure travelers, hikers, cyclists, and cavers going to rural areas where risk exists (especially if going to remote locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment); animal workers (such as veterinarians and wildlife professionals); all travelers likely to have contact with bats.

#### **Postexposure prophylaxis considerations for Ceuta and Melilla territories only:**

Dog, other terrestrial mammal, and bat bites or scratches should be taken seriously, and postexposure prophylaxis should be sought even by those already vaccinated.

## Meningococcal meningitis

### Spain

Meningococcal vaccination is routine for children in this country.

Recommended for all long-stay children aged  $\geq 4$  months (according to destination regimens): *meningococcal C conjugate vaccine (MenC; not available in the US) upon arrival (if not previously given), even if already vaccinated with quadrivalent meningococcal conjugate vaccine (MenACWY)*. MenC does not replace the need for MenACWY in the event of subsequent travel to Africa or to the Hajj in Saudi Arabia.

Recommended for all long-stay children aged  $\geq 10$  years (according to destination dosing regimens): *quadrivalent meningococcal conjugate vaccine (MenACWY) prior to departure (if not previously given)*.

## Routine Vaccination Recommendations (adults only)

### Tetanus, diphtheria, pertussis

Due to increasingly frequent pertussis outbreaks worldwide, all travelers should receive Tdap vaccine every 10 years, assuming they previously received an adequate primary series. Those who received Td or TT for their most recent booster should receive an immediate dose of Tdap, regardless of the interval since the last tetanus dose.

### Pneumococcal

Recommended for adults aged  $\geq 65$  years and all adults with chronic disease or immunocompromising conditions.

### Varicella

Indicated for all persons born outside the US or born in the US in or after 1980, except for persons with an adequate vaccination history (2 lifetime doses), reliable evidence of previous infection, or laboratory confirmation of immunity.

## Malaria

No malaria present.

## Travelers' Diarrhea

### Spain

Minimal risk (comparable to that in other industrialized countries) exists throughout the country. Community sanitation is generally good, and health concerns related to food and beverages are minimal.

## Current Health Bulletins

### Influenza

### Spain

#### Seasonal Influenza

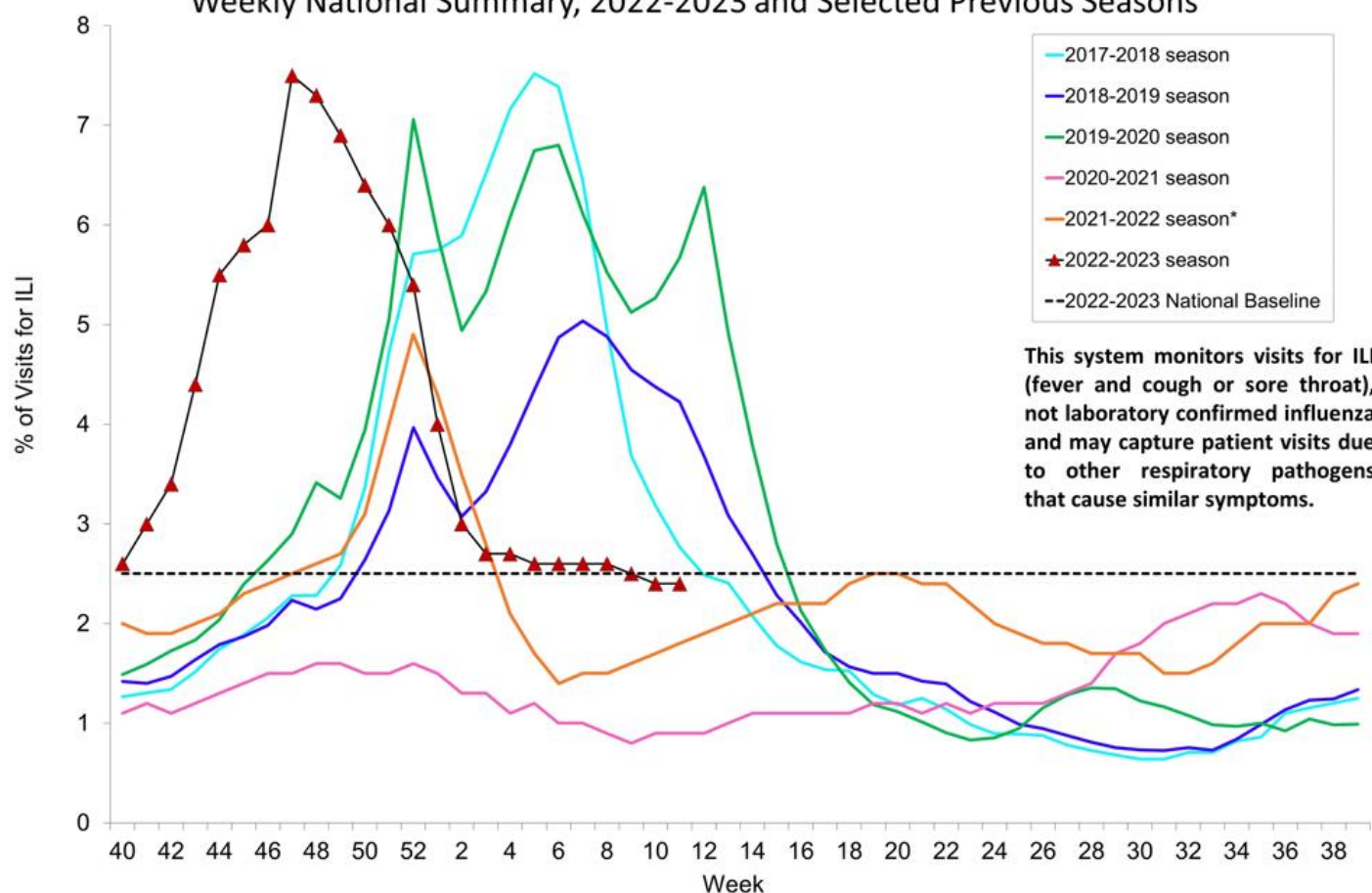
Updated Mar 30, 2023 (Posted Oct 18, 2022)

As of epidemiological week (EW) 11 (March 12-18) in 2023, seasonal influenza activity has plateaued in the US and Canada and is decreasing in Europe.

- In the US, the proportion of outpatient visits for influenza-like illness (ILI) has plateaued for the past 3 weeks at 2.4% and has been below the national baseline set for the 2022-23 season (2.5%) for the past 3 weeks, after 21 weeks above baseline. The national ILI ratio is below the national average (3.8%) during EW 11 of the past 5 prepandemic influenza seasons (which consistently went below baseline between EW 14 and EW 16). Influenza A(H3N2), which typically results in more severe illness (especially in older adults), accounted for 73% of all isolates in the US. The remaining breakdown of all isolates was 26% influenza A(H1N1), 1% influenza B/Victoria, and 0% influenza B/Yamagata.
- In Canada, the proportion of outpatient visits for ILI has plateaued for the past 5 weeks at approximately 0.8%, which is below the national average (1.9%) during EW 11 of the past 6 prepandemic influenza seasons; of all isolates, the virus breakdown was 90% influenza A(H3N2), 8% influenza A(H1N1), and 2% influenza B.
- In Europe, the number of influenza detections decreased for the past 4 weeks to approximately 6,200 per week, which is below the average (approximately 8,300 detections) during EW 10 of the past 5 prepandemic influenza seasons. Of all isolates, the virus breakdown was 43% influenza A(H1N1), 36% influenza A(H3N2), and 21% influenza B.

Data show that the current vaccine formulations are well-matched to the circulating strains in North America and Europe and no significant neuraminidase inhibitor resistance has been detected in the US or Canada. Baloxivir (a polymerase inhibitor) resistance is being tracked in the US as well, with no significant resistance detected. During the Southern Hemisphere 2022 influenza season (April-September), ILI activity was above average, with influenza A(H3N2) as the predominant strain in all regions; no indications of drug resistance were reported. For the 2022-23 season, patients with respiratory symptoms consistent with either influenza or COVID-19 should be tested for both, preferably with an available duplex SARS-CoV-2/influenza PCR test. All efforts should be made to complete influenza vaccination as soon as possible. COVID-19 vaccination, if indicated, should be administered simultaneously with influenza vaccine. For vaccine supply status and vaccination recommendations, see United States: 2022-23 Influenza Vaccine Supply and United States: 2022-23 Influenza Season Vaccine Recommendations.

**Percentage of Outpatient Visits for Respiratory Illness Reported By  
The U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet),  
Weekly National Summary, 2022-2023 and Selected Previous Seasons**



# Mpox

## Spain

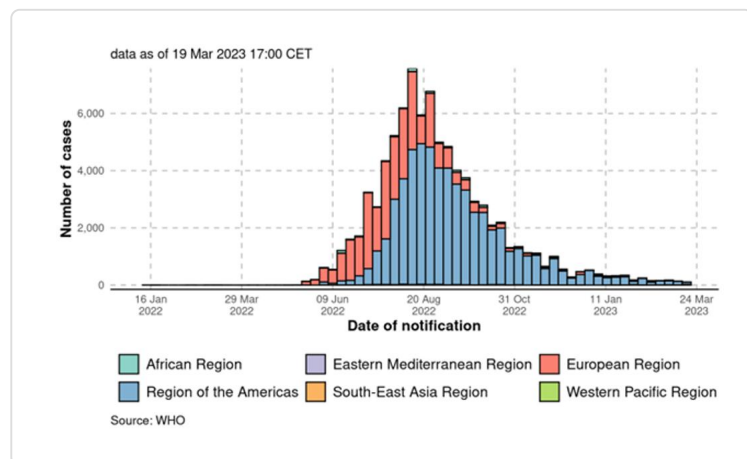
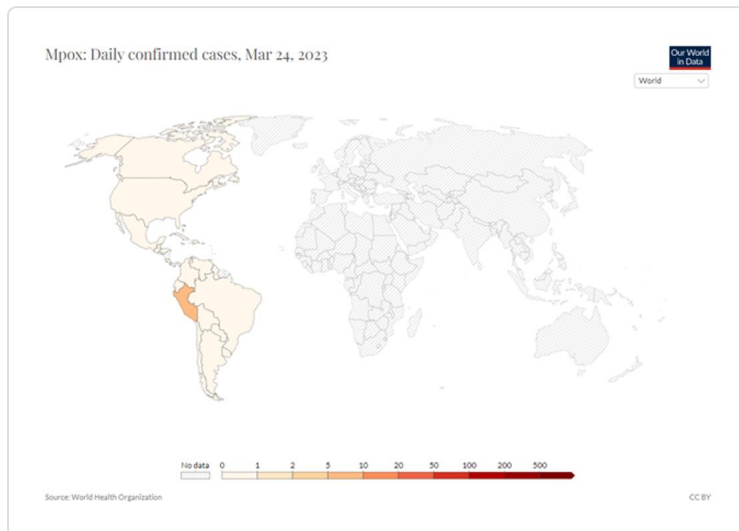
### More than 86,300 Community-Based Mpox (Monkeypox) Cases | Global Weekly Cases Continue to Decrease

Updated Mar 28, 2023 (Posted May 23, 2022)

#### Epidemiology

The global mpox (formerly known as monkeypox) outbreak continues with significant under-identification and under-reporting of cases. On February 14, 2023, WHO maintained that this outbreak remains a Public Health Emergency of International Concern. WHO considers the overall global and regional risks to be moderate, except in the South-East Asia and the Western Pacific regions, where risk is considered to be low. No restrictions against travel have been recommended.

According to WHO, US CDC, European Centre for Disease Prevention and Control, and press sources citing local health authorities, approximately 12 laboratory-confirmed and suspected cases of mpox per day (7-day average) are being reported; globally, weekly case numbers have plateaued over the past week.



Approximately 86,300 laboratory-confirmed and suspected cases (including 99 deaths) have been reported since May 13, 2022, in the US (> 30,300 cases and 38 deaths), Brazil (> 10,900 cases and 15 deaths), Spain (> 7,400 cases and 3 deaths), Mexico (> 4,300 cases and 4 deaths), France (> 4,100 cases), Colombia (> 4,100 cases), Peru (> 3,800 cases and 20 deaths), the UK (> 3,700 cases), Germany (> 3,700 cases), and 96 additional nonendemic countries; however, only 30 countries have reported a new local case within the past 4 weeks. Cases have mainly been reported in the European and Americas regions (97.8%). An additional 1,319 laboratory-confirmed cases (including 13 deaths), separate from the global outbreak, have been reported since January 2022 in 9 endemic African countries (mainly Democratic Republic of the

Congo and Nigeria) and in 1 nonendemic African country (Benin; cases mostly imported from Nigeria). Case numbers by country can be retrieved from Our World in Data.

Community-based transmission has occurred in many countries among persons having close, sustained physical contact with persons who have mpox. Men who have sex with men (median age = 34 years) remain an important demographic in the outbreak, representing a majority of cases, and 48.4% of persons for whom HIV status is known have HIV. However, sporadic cases have been reported in household members, nonsexual contacts, heterosexual contacts, and children.

Travelers should avoid close contact with persons with symptoms consistent with mpox; observe hand and respiratory hygiene; reduce the number of sexual partners; reconsider sex with new partners; observe safer-sex practices; and abstain from sex when partners are ill (including any rash). Known case contacts should avoid sexual contact with others for 21 days, regardless of presence of symptoms. Vaccination is only recommended for known and presumed contacts identified through investigations. Vaccinated persons should continue to protect themselves by avoiding close, skin-to-skin, or intimate contact with someone with mpox due to limited data on vaccine effectiveness. Mpox should be considered in any traveler presenting with compatible illness within 21 days after potential exposure.

For more information, see *Mpox*.

## Other Concerns

### Marine hazards

#### Spain

Risk from jellyfish exists in the Mediterranean Sea, including highly venomous *Carybdea marsupialis*, Portuguese man-of-war, and mauve stinger. Travelers wading, launching boats, or fishing are especially at risk.

Risk from sea urchins exists. Risk from weever fish exists in the Mediterranean Sea. Travelers should seek out and heed posted warnings and refrain from bathing at unmarked, unpatrolled beaches.

### Rickettsial infections

#### Spain

Low risk of infection caused by *Rickettsia conorii* exists in rural areas throughout the country, mainly in Ceuta and La Rioja autonomous communities. Transmission occurs throughout the year, with highest activity from June through October, with peak activity in August. Travelers should observe tick precautions.

Low risk of murine typhus exists, mainly in Andalucía Autonomous Community as well as in Madrid and Cantabria, Catalonia, and Valencian Community autonomous communities. Transmission occurs throughout the year, with highest activity from July through October. Travelers should avoid contact with rodents and their fleas.

### Leishmaniasis

#### Spain

Negligible risk of cutaneous disease and low risk of visceral disease exist along the Mediterranean coast and adjacent mountains; in Madrid, Extremadura, and Castilla y León autonomous communities; in northwestern regions; and on the Balearic Islands. Travelers should observe insect precautions from dusk to dawn.

### Air pollution

#### Spain

Air quality may be variable throughout the year. Annual mean particulate matter concentrations are unhealthy for sensitive groups in select cities.

Barcelona or Valencia: When air quality worsens, travelers with lung disease or at the extremes of age should reduce prolonged or heavy outdoor exertion.

### Hepatitis C

#### Spain

Hepatitis C is estimated to be present in 0.8% of the population, compared to less than 0.8% in low-risk countries. No vaccine is available. Travelers should avoid contact with potentially contaminated needles (e.g., from acupuncture, tattooing, or injection-drug use) and observe safer-sex practices.

### West Nile virus

#### Spain

Risk exists and is limited to Andalucía and Extremadura autonomous Communities. Transmission occurs from May through November, with peak activity in August. Travelers with significant outdoor exposure in affected areas should observe insect precautions from dusk to dawn.

## Viral hemorrhagic fevers

### Spain

Negligible risk of Crimean-Congo hemorrhagic fever exists and is limited to Castilla y León and Extremadura autonomous communities. Tick precautions are recommended. Travelers should avoid contact with infected livestock and animal tissue/blood.

## Lyme disease

### Spain

Negligible risk exists and is presumed to have widespread distribution in some or all forested areas. Transmission occurs from March through November, with peak activity from June through July. Travelers should observe tick precautions.

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#### Additional Information by Country

### Spain

## Medical Summary

### General Information

Spain is an advanced economy classified as high income. Located in southwestern Europe (south of France and east of Portugal), the climate classifications range from dry summer to dry (semi arid).

### Medical Care

A high level of medical care (comparable to that in other industrialized countries) is available throughout the country. One or more JCI accredited hospitals are present in Madrid and in several other major cities.

The national medical emergency number is 112.

Hyperbaric chambers for diving injuries are located in, but not limited to, the following cities: Alicante, Barcelona, Cartagena, Málaga, and Palamos.

Upfront payment by cash or credit card, up to the total of all anticipated charges, is required by private hospitals catering to foreigners possibly (but not public hospitals) prior to services or treatment. Upfront payment may be waived by hospitals that have existing cashless agreements with at least some major international insurance providers. A modest deposit may be required by private hospitals that have existing cashless agreements with at least some major international insurance providers. Public hospitals may provide some services free to foreigners. All hospitals are required to provide emergency stabilization without regard to ability to pay.

## Consular Advice

*The material below includes information from the US Department of State (DOS), the UK Foreign, Commonwealth & Development Office (FCO), Global Affairs Canada (GAC), and Australia's Department of Foreign Affairs and Trade (DFAT), as well as from additional open-source material. Standard safety precautions that apply to all international travel can be found in the Library article Safety and Security.*

### Terrorism Risk

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

In 2017, an attack occurred in Barcelona in an area frequented by tourists.

## Crime

Low risk of violent crime (armed robbery and sexual assault) exists throughout the country.

Moderate risk of petty crime exists throughout the country, especially in Madrid, Barcelona, and areas frequented by tourists.

Scams involving distraction techniques to commit robbery (including ploys to detain drivers, especially along the Mediterranean coast) and false identity (such as criminals posing as police officers) have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted. GHB and liquid ecstasy are commonly used to incapacitate victims.

## Civil Unrest

Protests and demonstrations frequently occur throughout the country, especially in Barcelona and Catalonia, and have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities.

Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

## Water Safety

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

## Transportation Safety

Low risk of traffic-related injury or death exists. The road traffic death rate is less than 7 per 100,000 population, the lowest risk category.

Speed laws are poorly enforced.

## Airline Safety

The US Federal Aviation Administration has determined that the civil aviation authority of this country oversees its air carriers in accordance with minimum international safety standards.

## Natural Disasters

Severe rain storms occur, especially in coastal areas and in Balearic Islands Autonomous Community. Floods, mudslides, and landslides may occur.

Forest fires occur from June through October.

## Consular Information

Selected Embassies or Consulates in Spain

- United States: [+34] 91-587-2200; [es.usembassy.gov](http://es.usembassy.gov)
- Canada: [+34] 91-382-8400; [www.spain.gc.ca](http://www.spain.gc.ca)
- United Kingdom: [+34] 91-714-6300; [www.gov.uk/world/organisations/british-embassy-madrid](http://www.gov.uk/world/organisations/british-embassy-madrid)
- Australia: [+34] 91-353-6600; [www.spain.embassy.gov.au](http://www.spain.embassy.gov.au)

Spain's Embassies or Consulates in Selected Countries

- In the U.S.: [www.exteriores.gob.es/Embajadas/washington/en/Pages/inicio2.aspx](http://www.exteriores.gob.es/Embajadas/washington/en/Pages/inicio2.aspx)
- In Canada: [www.exteriores.gob.es/embajadas/ottawa/en/Pages/inicio.aspx](http://www.exteriores.gob.es/embajadas/ottawa/en/Pages/inicio.aspx)
- In the U.K.: [www.exteriores.gob.es/Embajadas/londres/en/Pages/inicio.aspx](http://www.exteriores.gob.es/Embajadas/londres/en/Pages/inicio.aspx)
- In Australia: [www.exteriores.gob.es/Embajadas/canberra/en/Pages/inicio.aspx](http://www.exteriores.gob.es/Embajadas/canberra/en/Pages/inicio.aspx)

## Visa/HIV Testing

HIV testing is not required to obtain a tourist, work, or residence visa.

## Basic Protective Measures

*Many travel-related health and safety problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.*

### Health

#### Insect Precautions

- Wear clothing that covers as much skin as practicable.
- Apply a repellent to all exposed, nonsensitive areas of the body. Frequent application ensures continuous protection. When both an insect repellent and sunscreen are used, apply the sunscreen first, let it dry completely, then apply the repellent. Very limited data suggest that DEET-containing repellents reduce a sunscreen's stated SPF UVB protection by as much as one-third, requiring more frequent sunscreen application. Sunscreens do not appear to reduce the efficacy of insect repellents (DEET or picaridin) but may increase the absorption of DEET (but not picaridin) through the skin, even when the sunscreen is applied first as recommended. Never use a combination sunscreen/insect repellent product (e.g., Avon Skin Soft Bug Guard, Bull Frog Mosquito Coast Sunscreen with Insect Repellent, or Sunsect).
- Use a repellent containing DEET (N,N-diethyl-meta-toluamide; 30%–35% concentration) or, alternatively, a repellent containing picaridin (20% concentration or greater for tropical destinations; also known as icaridin). Picaridin, unlike DEET, has a pleasant smell and does not dissolve plastic materials.
- Determine the time of day and type of insects to be avoided when choosing when to apply repellent.
  - *Applicable to malaria risk countries:* Mosquitoes that transmit malaria (*Anopheles* spp.) are generally night biters with activity between dusk and dawn.
  - *Applicable to West Nile virus and Japanese encephalitis risk countries:* Mosquitoes that transmit these diseases (*Culex* spp.) are generally night biters but have peak activity at dusk and again at dawn.
  - *Applicable to chikungunya, dengue, yellow fever, or Zika risk countries:* Mosquitoes that transmit these diseases (*Aedes* spp.) can bite throughout the day but have peak activity during early morning and late afternoon and evening.
  - *Applicable to leishmaniasis risk countries:* Sandflies that transmit leishmaniasis are active from dusk to dawn, but in forests and dark rooms they may bite during the daytime if disturbed.
  - *Applicable to African trypanosomiasis risk countries:* DEET is generally ineffective. Wear light-colored (not blue), heavyweight clothing in risk areas.
- Treat outer clothing, boots, tents, and sleeping bag liners with permethrin (or other pyrethroid) when traveling in an area of very high risk for mosquito-borne or tick-borne diseases.
- Sleep under a permethrin-impregnated bed net when at high risk of malaria or Japanese encephalitis if not sleeping in a sealed, air-conditioned room. Regularly check the net for rips and tears and keep it tucked in around the bed at all times. Ensure that all open windows have insect screens.
- Use spatial repellent products in the form of an aerosol spray, vaporizer device, or smoldering coil. These products usually contain a pyrethroid (e.g., metofluthrin or allethrin).
- Perform a full body check for ticks at least once a day when staying in areas where tick-borne disease is a risk.

#### Blood-Borne and Sexually Transmitted Infections (STIs)

- Use condoms in all sexual encounters; unprotected casual sex, whether with local residents or with fellow travelers, always poses a high risk.
- Understand that inhibitions are diminished when traveling away from the social constraints of home; excessive use of alcohol and recreational drugs can influence behavior and encourage unintentional risk exposure.

#### Swimming and Water Exposure

- Heed posted warnings and avoid beaches that are not patrolled.
- Recognize rip currents as a calm area with flat sandy water in front of the beach where the waves are not breaking and a line of white foam moves steadily seaward. Stay afloat, wave and yell for help, and swim parallel to the shore. Do not swim directly against the current in an attempt to get immediately back to shore; doing so may lead to exhaustion and drowning.

- Do not swim alone or after dark and do not walk on any beach after dark.
- Avoid use of alcohol or mind-altering drugs while engaging in water sports. Avoid water where sewage contamination or algae are present. Avoid any exposure (rafting, swimming, or wading) in water known to be infected with schistosomiasis (bilharzia).
- Scuba dive only with personnel certified by the Professional Association of Diving Instructors (PADI) or the National Association of Underwater Instructors (NAUI); use equipment only from PADI- or NAUI-certified dive operators.
- Follow established timetables for air travel after diving. The time from the end of the dive until the boarding of an aircraft is generally between 12 and 24 hours, depending on the type of dive.
- Decline water transportation in vessels without personal flotation devices or life jackets.
- Wear appropriate footwear when walking, wading, or swimming to avoid injury and exposure to parasites and poisonous plants and animals.
- Consider leptospirosis prophylaxis with 200 mg of doxycycline once per week (or 100 mg per day if in use for concomitant malaria prophylaxis) in developing countries where substantial risk of leptospirosis exists due to activities with exposure to water or wet environments (e.g., hikers, bikers, or adventurer travelers).
- Sit on a towel, blanket, or piece of clothing if a chair or hammock is not available because sand may be contaminated in areas frequented by animals. Thoroughly shake out all fabrics after use.
- Avoid eating amberjack, bonito, mackerel, mahi-mahi, or tuna due to risk of scombroid poisoning.

## Rabies

- Never assume that an animal or bat is free of rabies.
- Avoid entering caves due to the possibility of exposure to bats and their droppings.
- Do not handle or feed pets, unknown animals (especially dogs and monkeys), or bats. Children should be closely supervised.
- Clean any bite, scratch, or lick on broken skin immediately with soapy water; seek postexposure prophylaxis for rabies (even if rabies vaccine was completed before exposure) or herpes B virus (transmitted by monkey bites).
- Minimize running or bicycling in high-risk rabies areas to avoid provoking domestic animals.

## Pretravel Checklist

- Have predeparture medical and dental exams.
- Express any concerns about jet lag, altitude illness, or motion sickness to a travel health provider, who may suggest suitable medications.
- Pack adequate supplies of necessary medications and ensure that they are securely packaged in their original, labeled prescription containers and carried in multiple places. Travelers should have a letter from a physician stating the medical condition and the medications and/or medical supplies being carried.
  - If traveling with a controlled drug for personal use, review medication regulations on the International Narcotics Control Board website (<http://www.incb.org/incb/en/travellers/index.html>) as well as official government sites. Rules on amphetamine-based medications used for attention-deficit/hyperactive disorders should always be checked before travel.
- Prepare a compact medical kit that includes the following: simple first-aid supplies (such as bandages, gauze, hemostatic gauze, antiseptic, antibiotic ointment, butterfly bandages, skin glue, and splinter forceps), a thermometer, antipyretic agents, antifungal creams, cough and cold remedies, antacids, hydrocortisone cream, and blister pads.
- Pack a spare pair of eyeglasses or contact lenses and adequate cleansing solution, if applicable.
- Pack sunglasses, wide-brimmed hats, sunscreen (SPF 30+), and lip protection to avoid sun exposure problems during travel.
- Arrange adequate medical and evacuation insurance when traveling, even for short trips. Ensure all preexisting medical issues are declared to the insurer so that noncovered conditions are ascertained in advance. Have the insurer's contact details recorded and accessible at all times during travel.
- Carry a list of contact information for hometown medical providers, health insurance carriers, and a medical assistance company, keeping it accessible at all times.
- Carry a list of medical conditions, allergies, and medications (with dosages).
- Carry a copy of a recent electrocardiogram on a portable USB drive or ensure that it can be accessed on the internet (for those with cardiac disease).

## Safety

## Safety and Crime Avoidance

- Use caution in tourist sites and crowded areas, on or near public transportation, and avoid marginal areas of cities.
- Be wary of any stranger who initiates conversation or physical contact in any way, no matter how accidental it may seem.
- Avoid using ATMs at night.
- Minimize visible signs of wealth in dress or jewelry.
- Give up valuables if confronted. Money and passports can be replaced; life cannot.
- Register foreign trip and residence information with the Department of State at [travelregistration.state.gov](https://travelregistration.state.gov) (U.S. citizens only), which facilitates communication and assistance in case of an emergency.

## Safety in the Hotel

- Keep hotel doors locked at all times.
- Seek out and read fire safety instructions in the hotel room. Become familiar with escape routes upon arrival.
- Keep valuables in the room safe or the hotel safe.

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## COVID-19 Handout

# COVID-19

## Definitions of Common Terms

**Close contact:** Defined as someone who was less than 2 m (6 ft) away from a person or persons with COVID-19 (laboratory-confirmed or a clinical diagnosis) for more than 15 minutes cumulatively within a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes), irrespective of whether the COVID-19 case(s) or the contact was wearing a mask. This guidance includes nonhealthcare workplaces and K-12 school settings but not persons with weakened immune systems who may have a longer infectious period. Exclusion: Students in a K-12 indoor classroom setting or a structured outdoor setting where mask wear can be observed (i.e., outdoor class with educator supervision) who were within 1 to 2 m (3-6 ft) of an infected student where both students correctly and consistently wore properly fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

**Quarantine:** The separation of a symptom-free person reasonably believed to have been exposed to person with COVID-19 from others not yet exposed. See Table 1: US Isolation Guidance for the Management of Suspected or Confirmed COVID-19 Cases.

**Isolation:** The separation of a person suspected or confirmed to have COVID-19 from others who are not infected to prevent spread of the virus. See Table 2: US Quarantine Guidance for the Management of Persons with a Close Contact or Returned from Travel.

**Fully vaccinated:** Defined as a person who has received their primary COVID-19 vaccine series (including an additional primary dose for immunocompromised persons) at least 2 weeks previously. This currently meets the purposes of US entry requirements, and a booster dose is not needed to meet this requirement. The term "fully vaccinated" is no longer used in other CDC vaccination guidance because the best protection is provided by being up-to-date on vaccination.

**Up-to-date:** Defined as a person aged 5 years or older who has received (even outside the US) *all* recommended primary COVID-19 vaccine doses (including an additional primary dose for immunocompromised persons) as well as recommended booster doses when eligible. Up-to-date status alone affects recommendations for quarantine/isolation.

**Hand hygiene:** Frequent, thorough handwashing with soap and water for 20 seconds (or using a hand sanitizer containing 60% alcohol).

**Respiratory hygiene:** Cough and sneeze etiquette.

**Self-monitoring:** Taking a temperature reading 2 times per day.

**Self-observation:** Remaining alert for symptoms (fever, cough, or difficulty breathing).

*Social distancing:* Remaining out of congregate settings (crowded places such as shopping centers, movie theaters, and stadiums), avoiding mass gatherings and public transportation, and maintaining a distance of 2 m (6 ft) from others.

## Key Points

- Coronavirus disease 2019 (COVID-19), a viral disease that originated in China, has been declared a global pandemic by the World Health Organization (WHO). Globally, the 7-day rolling average of daily new cases has plateaued since late May 2022. Europe, Asia, and North America are the most affected areas, followed distantly by Latin America, Oceania, Africa, and the Middle East. The outbreak is likely to cause significant risk and disruption for many more months; travel restrictions and internal disruptions continue in many countries.
- COVID-19 results in respiratory illness (including pneumonia) and is acquired mainly via inhalation of respiratory particles from an infected person or (rarely) from direct contact with contaminated surfaces. Risk is proportional to distance from the source case.
- Risk should be assumed present in all countries of the world and is highest in health care facilities in an affected area. Risk of poor outcome increases with age older than 65 years and is higher in persons—regardless of age—with underlying medical conditions (e.g., cancer, obesity, pregnancy, diabetes, sickle cell disease, solid-organ transplantation, and cardiac or kidney disease). The situation is evolving daily; a travel medicine specialist should be consulted immediately before a trip.
- Symptoms commonly include fever, runny nose, dry cough, chills, muscle pain, headache, sore throat, and congestion and may progress to shortness of breath if pneumonia develops. Some infected people have no symptoms.
- Consequences of infection include severe pneumonia, respiratory failure, liver and heart damage, prolonged fatigue, altered mental status, memory loss, and possibly death. Pneumonia is rare in persons who are up to date on vaccination.
- Prevention includes observing respiratory hygiene, hand hygiene, and social distancing, and consistent and correct wearing of the most protective mask that fits well and can be worn consistently. Shoreland preferentially recommends the wearing of a NIOSH-approved N95 respirator.
- Indoor mask wear is recommended for travel into, within, or out of the US when awaiting, boarding, traveling on, or disembarking any public conveyance (e.g., airplanes, ships, ferries, trains, subways, buses, taxis, ride-shares).
- Primary COVID-19 vaccination is recommended for all persons 5 years and older in the US (including all pregnant women, women considering pregnancy, and breastfeeding women), regardless of history of previous COVID-19 (symptomatic or symptom free), including those with prolonged post COVID-19 symptoms; persons in this age group are also eligible for vaccination in Canada and the EU.
  - All persons should be up-to-date on vaccination, which is defined as receipt of all primary COVID-19 vaccine doses (including an additional primary dose for immunocompromised persons) as well as recommended booster dose(s) when eligible.
  - All travelers (domestic, international, and cruise) should be up-to-date on vaccination prior to travel.
  - A US government information website, <https://www.covid.gov/>, provides background information about COVID-19 and a detailed geographical locator of vaccination sites as well as a list of test-to-treat locations, retail pharmacies able to fill COVID-19 treatment prescriptions, and providers of free masks.
  - mRNA COVID-19 vaccines are recommended preferentially over the Janssen/J&J vaccine for primary and booster doses in persons aged 18 years and older.
  - Because Moderna and Pfizer vaccine dosing varies, persons attending vaccine centers should be warned to verify correct dosing.
  - No evidence exists that any of the COVID-19 vaccines affect pregnancy (including placenta development), future fertility, or the safety of breastfeeding for women or their infants.
  - The most common side effects following vaccination with an mRNA vaccine include injection-site reactions (pain, redness, and swelling), fatigue, and headache. Rates are much higher after dose 2. Other systemic side effects are infrequent.
  - Mild myocarditis/pericarditis after mRNA vaccination rarely occurs and is most prevalent in males aged 12-29 years; recovery is usually complete. An optional 8-week interval is recommended between the first 2 doses of an mRNA vaccine in healthy persons aged < 65 years to increase vaccine efficacy and reduce the risk of myocarditis.
  - Those with acute COVID-19 should be vaccinated but should defer vaccination (first or second dose or primary dose or booster doses) until isolation/discontinuation criteria have been met.
- US CDC mask guidance is based on the COVID-19 community level (low, medium, or high; <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>). More than 90% of the US population is in a location with a low or medium level. Persons may choose to mask at any time but should wear a mask if they are

symptomatic, have a positive COVID-19 test result, or are a close contact of a COVID-19 case. See Masks for specific masking guidance.

- Multiple treatment options exist for the outpatient treatment of persons at high risk of progressing to severe disease as well as hospitalized patients; older or high-risk outpatients with mild disease and persons not fully vaccinated and with a known exposure or a possible high-risk exposure should seek out a center that can administer intravenous monoclonal antibody therapy or postexposure prophylaxis as appropriate. Do not take any oral treatment medications unless prescribed by a provider.
- Many airlines and/or destination countries have begun to discontinue extra prevention measures, including screening for fever before a flight, wearing a mask, or requiring a negative COVID-19 viral diagnostic test result prior to departure.

## Introduction

COVID-19, an acute viral respiratory infection that originated in China in late 2019, is responsible for a global pandemic, the worst possible scenario according to the World Health Organization, and will likely cause significant risk and disruption for many more months. The causative coronavirus (SARS-CoV-2) is closely related to the severe acute respiratory syndrome coronavirus (SARS-CoV) that caused SARS in 2002-03. Community transmission is presumed to be occurring in all countries, and more than 540 million cases (including more than 6.3 million deaths) were reported as of early June 2022. Globally, the 7-day rolling average of daily new cases has plateaued since late May 2022.

Several genetic variants (most of which did increase transmissibility or cause more severe disease) have circulated, with Omicron and Omicron sublineages now being predominant globally and regionally. Since the emergence of Omicron, SARS-CoV-2 is rapidly becoming much more efficient in transmission and more likely to evade immunity, but Omicron infection is intrinsically less severe. Super-spreader events are much more likely to occur, especially in crowded settings (regardless of the vaccination status of attendees). A lower share of persons infected with Omicron are likely to require hospital treatment compared to those infected with Delta. Unvaccinated persons remain the most at-risk for hospitalization; however, the vast majority of Omicron breakthrough infections are in vaccinated persons or reinfected persons and are mild due to immune systems experienced with SARS-CoV-2. The proportion of all diagnosed cases that develop severe disease is lower than with other variants. Publicly reported case numbers and deaths should be regarded as rough estimates because reporting criteria vary widely by country and often do not include cases that were never tested.

## Risk Areas

Significant risk exists worldwide and is highest in Europe, Asia, and North America followed distantly by Latin America, Oceania, Africa, and the Middle East.

## Transmission

Virus transmission occurs from exposure to infectious respiratory fluids (droplets and particles) from an infected person via inhalation, direct deposition of particles on mucous membranes by splashes and sprays, and contact (touching mucous membranes with contaminated hands). Risk of transmission is greatest within 1 to 2 m (3-6 ft) of an infectious source, where the concentration of these very fine droplets and particles is greatest. However, transmission of SARS-CoV-2 from inhalation of virus in the air farther than 2 m (6 ft) from an infectious source can occur. Although infections through inhalation at distances greater than 2 m from an infectious source are less likely than at closer distances, the phenomenon has occurred under certain preventable circumstances. These transmission events have involved the presence of an infectious person exhaling virus indoors for an extended time (typically > 15 minutes and in some cases hours) leading to virus concentrations in the air space sufficient to transmit infections to people more than 2 m away and, in some cases, to people who have passed through that space soon after the infectious person left. Factors that increase the risk of SARS-CoV-2 infection under these circumstances include enclosed spaces with inadequate ventilation or air handling (exhaled respiratory fluids can build-up in the air space) and increased exhalation of respiratory fluids if the infectious person is engaged in physical exertion or raises their voice (e.g., exercising, shouting, singing). Direct contact with contaminated surfaces is of much lesser concern and no reliable evidence of transmission from food or food packaging exists. Outdoor transmission is negligible. Although children rarely have severe COVID-19, they can transmit the virus. Transmission from persons who do not appear ill (cases are infectious beginning 48 hours before symptom onset) may occur, although most transmission is from household members and other close contacts.

## Risk Factors

Risk exists for travelers going to all countries but may be increased in the following cases:

- Travel to countries with high or unknown transmission levels, especially if masking and community mitigation measures are not widely used
- Travel to countries with low population vaccination rates, that allow entrance to unvaccinated foreigners, or require no pre- or postarrival viral testing
- Contact exposure
- Inpatient or outpatient visits to health care facilities in an affected area
- COVID-19 infection prior to December 2021 provides robust protection against the Alpha, Beta, and Delta variants but limited protection against Omicron. However, the combination of a previous SARS-CoV-2 infection and vaccination ("hybrid immunity") seems to confer the greatest protection against symptomatic infection, although clinically, repeat infections are frequently being seen.

At events and gatherings, risk increases with number of persons, density, indoor settings, duration of exposure, and lack of mask use for source control.

The situation is evolving daily, and a travel medicine specialist should be consulted immediately before an actual trip.

Risk of poor outcome is higher in:

- Older persons (risk increases steadily with age)
- Persons with underlying medical conditions
  - Conclusive higher risk: cancer, cerebrovascular disease, chronic kidney disease, chronic liver disease (limited to cirrhosis, nonalcoholic fatty liver disease, alcoholic liver disease, autoimmune hepatitis), chronic lung disease (limited to interstitial lung disease, pulmonary embolism, pulmonary hypertension, bronchopulmonary dysplasia, bronchiectasis, COPD), cystic fibrosis, diabetes type 1 and 2, disabilities (including but not limited to ADHD, cerebral palsy, Down syndrome, learning disabilities), heart conditions (e.g., heart failure, coronary artery disease, cardiomyopathies), HIV (low CD4 count or not on effective HIV treatment), mental health disorders (limited to mood disorders, including depression and schizophrenia spectrum disorders), neurologic conditions, obesity (BMI > 30), physical inactivity, pregnancy or recent pregnancy, primary immunodeficiencies, smoking (a history of or currently), solid-organ or blood stem-cell transplantation, tuberculosis, and use of corticosteroids or other immunosuppressive medications
  - Suggestive higher risk: children with certain underlying conditions (e.g., serious genetic, neurologic, or metabolic disorders or congenital heart disease), overweight (BMI 25 to < 30), sickle cell disease, substance-use disorders, and thalassemia
  - Mixed evidence: alpha 1 antitrypsin deficiency, asthma (moderate to severe), bronchopulmonary dysplasia, hepatitis B, hepatitis C, and hypertension

No interactions with usual daily medications and COVID-19 outcomes have been found.

## Symptoms

Symptoms commonly develop within 2 to 7 days (typically 3 days for Omicron and 4 days for Delta, but up to 14 days) after infection. Omicron is relatively mild compared to Delta, with mild upper respiratory symptoms (such as sore throat) being common. In addition, many persons report gastrointestinal symptoms (e.g., diarrhea, nausea, and vomiting) along with nonspecific symptoms (e.g., muscle aches, headache, nasal congestion, and fatigue). In the pre-Omicron era, more than 80% of symptomatic cases had mild-to-moderate symptoms including fever and dry cough, progressing to shortness of breath. Difficulty breathing, chills, muscle pain, headache, sore throat, congestion, runny nose, nausea, vomiting, and diarrhea also occurred. Loss of smell and/or taste (even without fever or cough) are less common with the Omicron variant than the previous variants, where they were early and highly specific symptoms. In some patients, symptoms are mild the first week, and shortness of breath or pneumonia does not begin until the second week. In children, symptoms are usually mild and those with severe outcomes more commonly had underlying medical conditions (e.g., obesity, severe genetic or neurologic disorders, congenital heart disease, sickle cell disease, diabetes, chronic kidney or lung disease, or a weakened immune system).

## Consequences of Infection

Pneumonia occurs in COVID-19 cases that progress and worsen. A lower share of persons infected with Omicron appear to develop pneumonia or respiratory failure, and the risk of hospital admission or death with Omicron is approximately one-third that with Delta. In the pre-Omicron era, severe illness (more likely in persons with underlying medical conditions, older adults, or males) occurred in about 20% of cases and often resulted in lung or heart damage. Long COVID, a condition occurring in adults with a history of probable or confirmed SARS-CoV-2 infection, usually occurs 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms generally impact everyday functioning and include fatigue, shortness of breath, altered mental status, memory loss, and others (e.g., chest tightness or pain, gastrointestinal distress, joint and muscle pain, erratic heartbeat, headache, sleep disturbance, numbness and pain in the hands and feet, and dizziness). Symptoms may be a new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness and may fluctuate or relapse over time. No minimum number of symptoms is required for diagnosis, although symptoms involving different organ systems and clusters have been described. Persons of any age with underlying medical conditions are at increased risk of poor outcome or death. In the US since the beginning of the pandemic, approximately 75% of all deaths in diagnosed cases have been in persons 65 years and older; men have been consistently more likely to die by a factor of approximately 1.4. Over the past several weeks, approximately 3.1% of deaths occurred in persons younger than 50 years, and approximately 83.9% of deaths occurred in persons 65 years and older.

## Testing

Two types of COVID-19 tests are available, a viral (PCR or antigen) test for current acute infection using respiratory samples (e.g., swabs of the nose, mouth, or throat) and an antibody (serology) test for a previous infection using blood samples (e.g., finger stick or blood draw). All tests occasionally have false-positive or false-negative results. Viral tests may have false-negative results, but available point-of-care antigen tests (done immediately in the clinic or at home) are only 70% to 80% as sensitive (ability to correctly detect those with disease) as PCR tests and are prone to false-positive results; symptom-free persons with a positive result should be considered presumptively positive until confirmed by a PCR test, and symptomatic persons with a negative result should seek follow-up care from their health care provider. The detection of antibodies does not necessarily indicate protective immunity and should not be used to detect acute infection when viral tests were negative or were not performed early after symptom onset.

In the US, over-the-counter rapid antigen tests for completely at-home, unobserved self-collection testing are readily available in stores and online nationwide, with many retailers lifting purchase limits. Most health insurers will cover 8 free tests per month per person, either at no cost at time of purchase or reimbursement (up to USD12) after purchase. Some other tests can be used to meet country entry requirements with the sample shipped overnight for testing and digital results returned to the traveler's device usually within the required 3 calendar days.

See Travel Restrictions and Advisories for specific entry testing requirements and Table 2: US Quarantine Guidance for the Management of Persons with a Close Contact or Returned from Travel for posttravel preventive measures, testing, and movement restrictions.

## Need for Medical Assistance

Travelers who develop COVID-19 symptoms upon return from any travel or after any contact with a known case should observe respiratory hygiene, hand hygiene, and social distancing; wear a mask; and seek immediate medical attention, informing the provider of their travel history before presenting to a clinic or hospital.

Older or high-risk outpatients with mild disease and persons not up-to-date on vaccination or at high risk of progressing to severe disease and with a known exposure or a possible high-risk exposure should seek out a center that can administer intravenous monoclonal antibody therapy or postexposure prophylaxis as appropriate. Discuss any proposed oral medication with a provider and do not take any treatment medications unless prescribed. Usual antiviral drugs such as oseltamivir (Tamiflu) and acyclovir are ineffective. Care is supportive to relieve symptoms or to support vital organ functions in severe cases. Persons who develop any shortness of breath should contact a medical provider immediately.

## Prevention

### Nonvaccine

Social distancing, respiratory and hand hygiene, mask wear, and improved ventilation are key strategies for controlling COVID-19.

If a household includes persons at higher risk of a poor outcome (e.g., older adults or those with underlying medical conditions), then all persons in the household should take preventive measures as if they themselves are at higher risk and maintain as much physical distance as possible with the vulnerable household member.

## Masks

Community mask or respirator wearing substantially reduces transmission, which has been shown in studies following the introduction of mask mandates within communities. Masks are designed to contain a person's fine virus-containing respiratory droplets and virus particles (termed source control) and also provide some protection (lower than source control effectiveness) from virus particles expelled by others. Respirators are designed to protect the wearer from virus particles (including SARS-CoV-2) and also contain a person's fine virus-containing respiratory droplets and virus particles.

US CDC recommends the wearing of the most protective mask that fits well and can be worn consistently. CDC has specifically clarified that loosely woven cloth masks provide the least protection, multilayered finely woven cloth masks offer more protection, well-fitting disposable surgical masks and KN95 respirators offer even more protection, and well-fitting National Institute for Occupational Safety and Health (NIOSH)-approved respirators (including N95s) offer the highest level of protection and implied a preference for N95 use when feasible and affordable. Note that "surgical N95s" are a specific type of respirator that should be reserved for health care settings.

For simplicity and ease of communication to the US public, Shoreland preferentially recommends the wearing of a NIOSH-approved N95 respirator (more than 95% particle filtration). Ensure each individual N95 respirator is clearly labeled with the TC-approval number, NIOSH name or logo, and N95 designation. Nearly all approved N95 respirators have headbands; those with ear loops without a connecting fastener for behind the head are likely counterfeit. For a list of NIOSH-approved N95 respirators, with the most highly regarded 3M brand respirators listed first, see

[https://www.cdc.gov/niosh/npptl/topics/respirators/disp\\_part/N95list1.html](https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/N95list1.html). For detailed performance characteristics of different NIOSH-approved N95 respirators and slightly less high performing masks that meet several other national and international standards (KN95, KF94, FFP2, N100, ASTM3), see

<https://docs.google.com/spreadsheets/d/1M0mdNLpTWEGcluK6hh5LjjcFixwmOG853Ff45d3O-L0/edit#gid=1976839763>. N95 respirators are not approved for wear by children; for mask options see the link in aforementioned Google doc. N95 respirators can be worn all day unless they get obviously soiled; however, they are hard to wear correctly for long periods, especially by nonmedical persons. Based on input from trusted Shoreland sources, the 3M Aura 9205+ respirator is considered to be the most comfortable N95 respirator to wear.

Correctly worn masks should cover the nose, mouth, and under the chin and should fit snugly so that unfiltered air does not pass around the edges of the mask. Persons with a beard may have difficulty fitting a mask properly and should shave or trim their beard. Masks or respirators with an exhalation valve are not recommended because they release unfiltered air and do not prevent virus spread; they have been banned in some locations. Face shields are not recommended as a substitute for masks in the community.

US CDC mask guidance is based on the COVID-19 community level (low, medium, or high; <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>), which is determined by county-level metrics of new hospitalizations for COVID-19, current hospital beds occupied by COVID-19 patients or hospital capacity, and new COVID-19 cases. More than 90% of the US population is in a location with a low or medium level. Regardless of community level, all persons should remain up to date on COVID-19 vaccinations and get tested if they have symptoms. Persons may choose to mask at any time but should wear a mask if symptomatic, have a positive COVID-19 test result, or are a close contact with a COVID-19 case. Mask recommendations based on COVID-19 community level are as follows:

- **Low:** Persons should wear a mask based on personal preference and personal level of risk.
- **Medium:** Immunocompromised persons or those at high risk for severe illness should discuss with their health care provider the need to wear a mask indoors in public. All persons should consider wearing a mask indoors if living with or in social contact with a person at higher risk of a poor outcome.
- **High:** All persons should wear a well-fitting mask indoors in public, including in K-12 schools and other community settings, regardless of vaccination status or individual risk. Immunocompromised persons and those at high risk for severe illness should wear a mask or respirator that provides greater protection (e.g., a NIOSH-approved N95 respirator).

Overall, precautions assume that immunocompetent vaccinees are fully protected from significant consequences of infection. Immunocompromised persons who have completed a primary series (including with an additional dose) and recommended booster doses may have reduced immune responses to COVID-19 vaccination and need to continue wearing a mask, observe social distancing, and avoid crowds or poorly ventilated indoor spaces until otherwise advised by their provider.

The US CDC mask mandate for public transportation (including aircraft), which expired May 3, 2022, was previously struck down by a federal court order and is no longer being enforced by the US Transportation Security Administration. However, indoor mask wear for public transportation is still recommended by US CDC and a majority of experts.

Arguments from the airline industry that the interior of an airliner presents no different risk than other indoor environments do not consider the lack of choice, in-flight, to move away from a concerning person or surrounding environment or that air travel includes the crowded airport setting. Separately, if the engines are not running steadily, air circulation is unlikely to be adequate. Pushback from the gate is often not immediate, and the engines do not start until the tug disengages. Engines may also be shut down during a long runway delay. For long journeys, only demasking while sitting in a seat while the airplane is in the air provides an increased level of safety over no masking during any part of the journey.

The use of gloves is not recommended for the general public and persons in most nonhealthcare-related occupations because their use may lead to the misconception that hand hygiene (an important preventive measure) is unnecessary, thus increasing the risk of transmission by inadvertent touching of the face with contaminated gloves.

## Vaccine

Primary COVID-19 vaccination remains a top priority and is recommended for all persons 5 years and older (including all pregnant women, women considering pregnancy, and breastfeeding women), regardless of history of previous COVID-19 (symptomatic or symptom free), including those with prolonged post COVID-19 symptoms. Booster doses (third and fourth doses) after completion of a primary series have been implemented in many countries (including the US) due to poor vaccine efficacy (VE) against hospitalization after just 2 doses against the current Omicron variant.

An mRNA COVID-19 vaccine dose (primary or booster) is preferentially recommended over the Janssen/J&J vaccine for the prevention of COVID-19 in persons aged 18 years and older based on data on thrombosis with thrombocytopenia syndrome (TTS) following vaccination with the Janssen/J&J vaccine. Increasing data indicate that the Moderna vaccine has both an efficacy and durability advantage over the Pfizer vaccine, and a single dose of Janssen/J&J vaccine is inadequate. A 2-dose mRNA vaccine primary series, feasible for use in most vaccine-eligible populations, should be initiated even if uncertainty exists about receipt of the second dose. Heterologous (mix-and-match) dosing is authorized, with leeway for personal choice and based on an assessment of individual benefits and risks by a health care provider.

The Pfizer vaccine (mRNA) is US FDA approved for use in persons 16 years and older and has an EUA for use in children aged 5-15 years. The Moderna vaccine (mRNA) is US FDA approved for use in persons 18 years and older, and authorization for use of persons younger than 18 years is expected in mid-June 2022. The Janssen/J&J vaccine is a last-resort vaccine for COVID-19 (due to an increased risk of thrombosis) and is restricted by US FDA to use only in persons aged  $\geq 18$  years for whom other FDA-authorized/approved COVID-19 vaccines are not accessible or clinically appropriate or in persons who elect to receive the Janssen/J&J vaccine because they would otherwise not receive a COVID-19 vaccine. These vaccines are also authorized for use in Australia, Canada, the EU, the UK, and several other countries.

Fully vaccinated primary schedules for healthy persons:

- $\geq 2$  weeks following receipt of the second dose of an authorized 2-dose series vaccine
- $\geq 2$  weeks following receipt of 1 dose of an authorized single-dose series vaccine
- $\geq 2$  weeks following receipt of the second dose (active vaccination for all doses and not placebo must be confirmed) of a clinical trial vaccine within or outside the US for which vaccine efficacy has been independently confirmed by a US data and safety monitoring board or equivalent (e.g., Medicago).
- $\geq 2$  weeks following receipt of the second dose of a heterologous (mix-and-match) combination of an authorized vaccine administered at least 21 days apart (a 4-day grace period applies, so a 17-day interval is acceptable); although a heterologous series is not recommended by US CDC, its use is increasingly common in many countries outside the US and is acceptable for the purposes of vaccination-record interpretation.
- US FDA-authorized/approved vaccines include Janssen/J&J, Moderna, and Pfizer; WHO Emergency Use Listing authorized vaccines include AstraZeneca (including Covishield), Bharat Biotech, CanSino, Janssen/J&J, Moderna,

Novavax (including Covovax and Nuvaxovid), Pfizer, Sinopharm, and Sinovac.

- Exception for clinical trial vaccines outside the US:  $\geq 2$  weeks following receipt of the second dose (active vaccination for all doses and not placebo must be confirmed) of a qualifying vaccine candidate (i.e., Anhui Zhifei Longcom [Zifivax], Clover Biopharmaceuticals, Sanofi, Shifa Pharmmed [COVIran Barekat], and Sinopharm). Vaccination documentation must include participation in a trial and the name of the vaccine product and date(s) administered.

All persons aged 5 years and older (including moderately or severely immunocompromised persons who received an additional primary dose and pregnant women) should preferentially receive a single first booster dose of an mRNA COVID-19 vaccine regardless of the US FDA-authorized/approved vaccine used for the primary series (including a mixed mRNA COVID-19 vaccine series). The booster interval after completing the primary series is based on the vaccine used for the primary series. The following persons should receive a second COVID-19 mRNA booster dose at least 4 months after the first booster dose: healthy immunocompetent persons aged  $\geq 50$  years and persons aged  $\geq 12$  years who are moderately-to-severely immunocompromised (e.g., those who have undergone solid-organ transplantation or have been diagnosed with a condition that has an equivalent level of immunocompromise).

The most common side effects following vaccination with an mRNA vaccine include injection-site reactions (pain, redness, and swelling), fatigue, headache, muscle pain, chills, joint pain, fever, nausea, malaise, and lymphadenopathy. These side effects may be milder in persons 65 years and older, and systemic side effects are more common after the second dose. Prevacination use of acetaminophen (paracetamol) or ibuprofen to prevent postvaccination symptoms is not recommended. However, these medications may be used to treat local or systemic postvaccination symptoms. A harmless, delayed cutaneous hypersensitivity reaction ("COVID arm") with redness (diameter up to 15 cm [6 in]) and tenderness on the arm where the vaccine was administered may occur 5 to 9 days after vaccination, especially with the Moderna vaccine. Rare cases of myocarditis (inflammation of heart muscle) or pericarditis (inflammation of the sac surrounding the heart) have been reported within 21 days of the second dose of mRNA vaccination, mainly in males aged 12-29 years (peak incidence at age 16-17 years). Symptom onset is typically within 4 days of vaccination and includes chest pain, dyspnea, and palpitations; most cases have been mild.

*Persons with pericarditis or myocarditis after a dose of an mRNA COVID-19 vaccine* should not receive a subsequent dose of any COVID-19 vaccine; however, vaccination, preferably with an age-appropriate dose of the Janssen/J&J vaccine may be considered under certain circumstances once the heart has fully recovered and after informed discussion with a health care provider regarding personal risk of severe acute COVID-19 (e.g., age or underlying medical conditions), level of community transmission and risk of infection, timing of immunomodulatory therapies, and additional data on risk of occurrence and long-term outcomes following vaccination.

Persons with a weakened immune system who have been fully vaccinated (including with an additional primary dose and booster doses) have been shown to have poor responses to COVID-19 vaccination and should consider themselves as unvaccinated (in the community or for the purpose of travel) and should continue wearing a mask, observing social distancing, and avoiding crowds or poorly ventilated indoor spaces until otherwise advised by their provider.

Efficacy of the mRNA vaccines in pregnant women is similar to that in nonpregnant women. No safety issues have been identified in the aforementioned groups. No evidence exists that any of the COVID-19 vaccines affect pregnancy (including placenta development), future fertility, or the safety of breastfeeding for women or their infants.

Persons who have had a known COVID-19 exposure should not seek vaccination (first or second dose) until their quarantine period has ended to avoid potentially exposing health care personnel and other persons to SARS-CoV-2 during the vaccination visit. Those with prior COVID-19 should be vaccinated but should defer vaccination (first or second primary dose or booster doses) until isolation-discontinuation criteria has been met.; all vaccinees need to receive all recommended doses.

International and national guidelines may differ somewhat from the US guidance, based on private or public settings, local disease situation in terms of variants, type of vaccine received, and the age of the contact. See Masks for specific masking guidance for vaccinated and unvaccinated persons. All travelers (domestic, international, and cruise) should be up-to-date on COVID-19 vaccinations prior to travel, and persons up-to-date:

- Can travel domestically and internationally with low risk to themselves
- Should continue to wear a well-fitted mask in public indoor settings in areas with a high COVID-19 community level (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>) or as recommended for public transportation

- Should isolate at home for 5 days following a positive COVID-19 test result or if they are experiencing COVID-19 symptoms, and they may leave isolation if free of symptoms or free of fever for 24 hours or more without the use of fever-reducing medications and other symptoms have improved. They should continue to wear a mask around others for an additional 5 days.
- See Table 2: US Quarantine Guidance for the Management of Persons with a Close Contact or Returned from Travel.

## Disinfection of Surfaces

Regular cleaning with household cleaners containing soap or detergent (physically removes the virus but does not kill it) is adequate to reduce the risk of SARS-CoV-2 spread in homes, businesses, and schools. Disinfection with a chemical product (kills the virus on surfaces), in addition to cleaning, is only recommended in indoor settings where a suspected or confirmed COVID-19 case was present within the previous 24 hours. From 24 to 72 hours since a case was present, cleaning alone is sufficient. When disinfection is recommended, use a diluted bleach solution or an EPA-approved household disinfectant effective against SARS-CoV-2 (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>).

## Travel to Any Destination (Domestic or International) with Community Transmission

All travelers should ensure they are up-to-date on COVID-19 vaccination. US CDC recommendation groupings correspond to risk levels of special circumstances (all persons [even if up-to-date on vaccinations] should avoid travel); high (persons not up-to-date on vaccinations should avoid travel; persons who are at increased risk for severe illness from COVID-19 [even if up-to-date on vaccinations] should seek informed medical advice and consider delaying travel); moderate (persons who are at increased risk for severe illness from COVID-19 [even if up-to-date on vaccinations] should seek informed medical advice and consider delaying travel); low (no recommendation against travel is in place); and unknown level of COVID-19 (persons not up-to-date on vaccinations should avoid travel; persons who are at increased risk for severe illness from COVID-19 [even if up-to-date on vaccinations] should seek informed medical advice and consider delaying travel).

Travelers (especially those at higher risk of poor outcome, such as older adults and persons with underlying medical conditions) going to countries with community transmission should observe hand hygiene, masking (especially on public transportation and at transportation hubs), and social distancing and avoid contact with ill-appearing persons. Travelers should also avoid busy medical settings for all but serious or immediately life-threatening medical problems; the quality of infection-control standards at medical facilities in many affected areas is uncertain. Those at higher risk of poor outcome should consider postponing travel, especially if by airplane or cruise ship. Persons with a severely weakened immune system, such as transplant patients, those on high-dose immunosuppressive drugs, and those with malignancies have been shown to have poor responses to COVID-19 vaccination even if up-to-date on COVID-19 vaccination and should be considered as unvaccinated for the purpose of travel. Current influenza vaccination is recommended to decrease the risk of simple influenza being mistaken for COVID-19 upon return.

Travelers flying on commercial aircraft should also:

- Perform as many travel formalities as possible online before heading to the airport.
- Bring extra masks in case one gets soiled; some airlines may require medical-grade masks.
- Use the restroom before boarding the aircraft to minimize the need to use the lavatory on board.
- Avoid speaking with strangers and going to the crowded gate earlier than necessary.
- Move about the cabin only as necessary and wear a mask when doing so.
- Avoid congregating while waiting for the lavatory and wear a mask while inside.
- Avoid unmasking while your neighbor unmask.
- Remain seated as long as possible after arrival at the gate to avoid the mass exodus of passengers from the aircraft.

Travelers on US cruise ships should expect:

- Cruises to mostly be limited to vaccinated persons.
- Testing prior to embarkation and possibly prior to disembarkation.
- Self-quarantine after disembarkation in the US for travelers not up-to-date on vaccination.
- Immediate on-board quarantine for many days or disembarkation at the next port after a positive on-board test.

## In the Workplace

To help prevent workplace exposure to acute respiratory illnesses, including COVID-19 and influenza, employees who become ill at work should be immediately isolated from other employees, sent home, and tested for influenza and COVID-19. Employees that are at higher risk of poor outcome from COVID-19 (e.g., those who are older or with underlying medical conditions) should self-identify to the employer so that steps can be taken to reduce their risk of exposure; options include working from home or performing duties that minimize contact with others.

COVID-19—vaccinated employees with a close contact or returned from travel may return to work immediately; unvaccinated employees may return to work once  $\geq 5$  days have passed since their close contact or return from travel; see Table 2: US Quarantine Guidance for the Management of Persons with a Close Contact or Returned from Travel.

Regardless of COVID-19 vaccination status, symptomatic employees (with confirmed or suspected COVID-19) and asymptomatic employees (who never had symptoms but had laboratory-confirmed COVID-19) may return to work once  $\geq 5$  days have passed from the date of symptom onset or the date of positive test specimen collection; see Table 1: US Isolation Guidance for the Management of Suspected or Confirmed COVID-19 Cases. Symptomatic employees with suspected or confirmed influenza may return to work once they are free of fever for  $\geq 24$  hours (without the use of fever-reducing medications); those who never developed a fever may return to work 5 days after symptom onset.

### Testing and Management of Persons with COVID-19 or with an Exposure to COVID-19

Persons may be at risk of exposure to SARS-CoV-2 through a known close contact with a COVID-19 case or an unrecognized close contact during travel because of the large number of persons from many regions coming together in densely populated environments.

A negative test result in a person with a known exposure suggests no current evidence of infection at the time the sample was collected; results could change if tested again in 1 or more days. The person should follow the isolation guidelines in Table 1, and confirmatory nucleic acid amplification test (NAAT; e.g., PCR or other highly accurate test) testing should be performed; however, serial antigen testing every 2 to 3 days while symptomatic is an alternative. Infectivity following a positive test result decreases with time: 5 days (31%), 7 days (16%), and 10 days (5%) and transmission can be further reduced by relying on masks for days 6 through 10 following a 5-day isolation period.

### Isolation for Persons Who Are Symptomatic or Tested Positive for COVID-19

Persons (regardless of vaccination status) who develop fever or respiratory symptoms or test positive following domestic community exposure or travel to countries with community transmission should self-isolate; observe respiratory hygiene, hand hygiene, and social distancing; wear a well-fitting mask; and present for testing.

| Table 1: US Isolation Guidance for the Management of Suspected or Confirmed COVID-19 Cases<br>Day 1 of isolation is the first full day after symptom onset or the first full day after test specimen collection. |                       |                              |                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------------------|------------------------------------|
| Symptom Status                                                                                                                                                                                                   | Movement Restrictions | Ending Isolation and Testing | Preventive Measures through Day 10 |

1. Fever ( $\geq 38^{\circ}\text{C}$  [ $100.4^{\circ}\text{F}$ ] for the general population or  $\geq 37.8^{\circ}\text{C}$  [ $100^{\circ}\text{F}$ ] for HCWs, using an oral thermometer), dry cough, breathlessness, new loss of the senses of smell and taste, chills, myalgia, headache, sore throat, vomiting, diarrhea.
2. Persons with severe illness or a weakened immune system should isolate for at least 10 full days (up to 20 days may be warranted after consultation with an infectious disease expert).
3. Loss of taste and smell (uncommon with Omicron) may persist for weeks or months after recovery and should not delay the end of isolation.

| Symptom Status                                                                                                                                      | Movement Restrictions                                                                                                                                                                                                                                              | Ending Isolation and Testing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Preventive Measures through Day 10                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Regardless of vaccination status: Tested positive for COVID-19 (regardless of symptoms) or has mild symptoms consistent with COVID-19. <sup>1</sup> | <p>Remain at home and isolate away from others for at least 5 full days.</p> <p>Do not travel for 10 days after symptom onset or test-specimen collection date, even if recovered from COVID-19 within the past 90 days or up to date on COVID-19 vaccination.</p> | <p>End isolation after at least 5 full days<sup>2</sup> only if:</p> <ul style="list-style-type: none"> <li>remained asymptomatic following a positive test result <i>or</i></li> <li>initially mildly symptomatic and now free of fever for <math>\geq 24</math> hours (without the use of fever-reducing medications) and symptoms have improved<sup>3</sup></li> </ul> <p>If symptoms develop after testing positive, the 5-day isolation period should start over (day 1 is the first full day after symptom onset).</p> <p>Perform a rapid antigen COVID-19 test toward the end of the 5-day isolation period if a test is available and if desired. Most US experts recommend obligatory testing after 5 days. If the test result is negative, isolation can be ended but continue to follow the preventive measures through day 10. If the test result is positive, continue to isolate until day 10.</p> | <p>Wear a well-fitting mask around others, including at home and in public. Do not go to places where a mask cannot be worn (e.g., restaurants and some gyms) and avoid eating around others at home and at work.</p> <p>Do not travel for 10 days after symptom onset or test specimen collection date.</p> <p>If unable to wear a mask around others, isolate for a full 10 days.</p> <p>Avoid contact with vulnerable persons and places that house vulnerable populations.</p> |

1. Fever ( $\geq 38^{\circ}\text{C}$  [ $100.4^{\circ}\text{F}$ ] for the general population or  $\geq 37.8^{\circ}\text{C}$  [ $100^{\circ}\text{F}$ ] for HCWs, using an oral thermometer), dry cough, breathlessness, new loss of the senses of smell and taste, chills, myalgia, headache, sore throat, vomiting, diarrhea.

2. Persons with severe illness or a weakened immune system should isolate for at least 10 full days (up to 20 days may be warranted after consultation with an infectious disease expert).

3. Loss of taste and smell (uncommon with Omicron) may persist for weeks or months after recovery and should not delay the end of isolation.

## Quarantine for Persons with a Close Contact or Returned from Travel

Persons who develop fever or respiratory symptoms within 14 days of international or domestic travel or other direct or community exposure should self-isolate; observe respiratory and hand hygiene and social distancing; wear a mask; and contact public health authorities (or telephone ahead before presenting to a hospital).

**Table 2: US Quarantine Guidance for the Management of Persons with a Close Contact or Returned from Travel**  
**Day 1 of quarantine is the first full day after the close contact or return from travel.**

| Vaccination Status | Movement Restrictions and Testing | Monitoring | Preventive Measures through Day 10 |
|--------------------|-----------------------------------|------------|------------------------------------|
|--------------------|-----------------------------------|------------|------------------------------------|

- Aged 5 years and older and completed a COVID-19 primary vaccination series but has yet to receive recommended booster doses for which they are eligible; aged 18 years and older and received the single-dose Janssen/J&J vaccine (completing the primary vaccination series) more than 2 months ago and has yet to receive a recommended first booster dose; or any person that remains unvaccinated.
- Confirmed COVID-19 by a viral test more than 90 days ago.
- Persons aged  $\geq 5$  years are up-to-date when they have received all doses in the primary series and all booster doses recommended for them, when eligible; number of boosters (either 1 or 2) depends on age and immune status.
- Confirmed COVID-19 by a viral test within the past 90 days; if recovered and asymptomatic, testing is not necessary.

| Vaccination Status                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Movement Restrictions and Testing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Monitoring                                                                                                                                                                                                                                                 | Preventive Measures through Day 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Not up-to-date on COVID-19 vaccinations<sup>1</sup> or not recently recovered from COVID-19<sup>2</sup> and had a close contact or returned from travel (domestic, international, or cruise)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Remain at home and quarantine away from others for at least 5 full days whether tested on day 5 or not (except for domestic travel). If unable to get tested, quarantine can be ended after day 5 if still asymptomatic. If unable to quarantine, follow the preventive measures through day 10.</p> <p>Do not travel during the 5-day quarantine period.</p> <p><i>Close contact:</i> Get tested on or after day 5.</p> <p><i>Domestic travel:</i> Get tested if travel involved situations with greater risk of exposure (e.g., being in crowded places without wearing a well-fitting mask).</p> <p><i>International or cruise travel:</i> Get tested 3-5 days after arrival.</p> <p>If the test result is negative, quarantine can be ended but continue to follow the preventive measures through day 10. If the test result is positive, isolate immediately and follow isolation guidelines.</p> | <p>Self-observe for symptoms for 10 days after close contact or return from travel.</p> <p>If symptoms develop, isolate immediately and get tested. Remain at home and continue to wear a well-fitted mask around others until test results are known.</p> | <p>Wear a well-fitted mask around others, including at home and in public. Avoid places where a mask cannot be worn (e.g., restaurants and some gyms) and avoid eating around others at home and at work.</p> <p>Avoid travel on days 6-10; if travel during this period is necessary, get tested at least 5 days after the last close contact (test result must be negative) and wear a well-fitting mask when around others for the entire duration of travel. If the test result was negative, but a mask cannot be worn, do not travel. If testing cannot be done, do not travel.</p> <p>Avoid contact with vulnerable persons and places that house vulnerable populations.</p> <p>If unable to wear a mask around others, quarantine for a full 10 days.</p> |
| <p>Up-to-date on COVID-19 vaccinations<sup>3</sup> or recently recovered from COVID-19<sup>4</sup> and a close contact or returned from travel (domestic, international, or cruise)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>No quarantine is required.</p> <p><i>Close contact:</i> Get tested on or after day 5, including before any travel even if still asymptomatic.</p> <p><i>Domestic travel:</i> Get tested if travel involved situations with greater risk of exposure (e.g., being in crowded places without wearing a well-fitting mask).</p> <p><i>International or cruise travel:</i> Get tested 3-5 days after arrival.</p> <p>If the test result is positive, isolate immediately and follow isolation guidelines.</p>                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>1. Aged 5 years and older and completed a COVID-19 primary vaccination series but has yet to receive recommended booster doses for which they are eligible; aged 18 years and older and received the single-dose Janssen/J&amp;J vaccine (completing the primary vaccination series) more than 2 months ago and has yet to receive a recommended first booster dose; or any person that remains unvaccinated.</p> <p>2. Confirmed COVID-19 by a viral test more than 90 days ago.</p> <p>3. Persons aged ≥ 5 years are up-to-date when they have received all doses in the primary series and all booster doses recommended for them, when eligible; number of boosters (either 1 or 2) depends on age and immune status.</p> <p>4. Confirmed COVID-19 by a viral test within the past 90 days; if recovered and asymptomatic, testing is not necessary.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

Persons living with but unable to remain separated from a person(s) with COVID-19 are considered to have ongoing exposure/close contact and must take additional precautions to limit the spread of SARS-CoV-2. The person with COVID-19 and everyone they live with should wear a well-fitting mask inside the home. If possible, only 1 person should be the caregiver for the person with COVID-19 to limit the number of close contacts. The last day of exposure/close contact is the last day of the isolation period for the most recently infected person in the home and post isolation testing, quarantine, and preventive measures are calculated from the first day *after* the end of isolation. Recommendations for ongoing exposure to 1 or more persons in the home depend on the exposed person's vaccination or COVID-19 recovery status.

Not up-to-date on COVID-19 vaccinations:

- Remain at home and quarantine and wear a well-fitted mask throughout the isolation period of the most recently infected person in the home.
- Continue to quarantine an additional 5 days beginning the day *after* the end of isolation for the most recently infected person in the home.
- Get tested at least 5 days *after* the end of isolation for the most recently infected person in the home. If the test result is negative, quarantine can be ended but continue to wear a well-fitted mask around others, including at home and in public for 10 days after the end of isolation; see Table 2 for additional preventive measures. If the test result is positive or COVID-19 symptoms develop, isolate immediately and follow isolation guidelines in Table 1.

Up-to-date on COVID-19 vaccinations:

- No quarantine is required.
- Wear a well-fitted mask throughout the isolation period of the most recently infected person in the home.
- Get tested at least 5 days after the first exposure.
- Get tested again at least 5 days *after* the end of isolation for the most recently infected person in the home. If the test result is positive or COVID-19 symptoms develop, isolate immediately and follow isolation guidelines in Table 1.
- Continue to wear a well-fitted mask for 10 days *after* the end of isolation for the most recently infected person in the home; see Table 2 for additional preventive measures.

Recently recovered from COVID-19 within the past 90 days:

- No quarantine is required.
- Wear a well-fitted mask in public for 10 days after exposure.
- Self-observe for COVID-19 symptoms and isolate immediately; follow isolation guidelines in Table 1. Consult with a health care provider for testing recommendations if new symptoms develop.
- See Table 2 for close contact quarantine recommendations if recovery was more than 90 days ago.

## Special Considerations

### Travel Restrictions and Advisories

Travel recommendations range from avoiding nonessential travel to avoiding all travel to certain countries. Different levels of travel restrictions are in effect in countries. Entry procedures are still in place in most countries. Entry screening—using predeparture online or written arrival questionnaires, fever screening, or visual inspection—at international ports of entry is nearly universal. In most cases, anyone with fever and respiratory symptoms and a history of any international travel within 14 days prior to arrival may be detained and isolated or placed in self-isolation. Persons without symptoms but with a similar travel history may be placed in quarantine or self-quarantine, depending on where the exposures may have taken place. Required documentation of vaccination is variable by country, but for most, a nationally recognized vaccine card (e.g., US CDC COVID-19 Vaccination Record card, *International Certificate of Vaccination or Prophylaxis [ICVP]*) is acceptable; if proof of vaccination is not accepted, a locally administered COVID-19 test may be required. Some countries may only accept specific vaccines (e.g., US FDA-authorized/approved, EMA-authorized, or on the WHO Emergency Use List) and/or specific vaccines received in specific countries and may also require the traveler to have received the final dose of vaccine at least 2 weeks prior to travel; travelers should check country-specific requirements. Travelers should verify requirements with their travel health provider, airline, or embassy before travel.

At-home sample collection kits can be shipped overnight for PCR testing, and digital results are returned to the traveler's device usually within the required 3 calendar days. Ensure a digital or hard copy result will be available in time to present at the airport. A physical provider visit is not necessary, but a short online questionnaire (for each person requesting a kit) may be required, and upfront payment in full is usually required to receive the testing kit.

Interest in digital health passports for travel has diminished, and development has largely been discontinued. The EU Digital COVID Certificate (DCC) has been the only successful tool, but few EU countries have pretravel testing requirements at present (although most retain proof of vaccination requirements for entry). Development of the IATA Travel Pass has ceased but remains available for download on any smartphone device to electronically display a QR code verifying COVID-19 vaccination status. Most non-EU countries are requiring arriving travelers to use country-specific digital health passports without any standardization. Several national apps that generate smartphone QR codes remain and have variable acceptance at ports of entry.

The SMART Health Card, an initiative in Canada and the US, is a printed or digitally displayed QR code that may be used to show proof of COVID-19 vaccination. The QR code must be issued by an organization that is part of the CommonTrust Network (<https://www.commontrustnetwork.org/verifier-list>) or the Vaccination Credential Initiative (<https://vci.org/issuers>). Participants in these networks include pharmacies (CVS, Rite Aid, Walgreens, and Walmart), an increasing number of hospital health systems, and several state vaccine registries. The QR code may be retrieved from an online portal belonging to one of the above-mentioned organizations or by requesting the code from the organization via email or mail. The QR code may be scanned into the Health app of smartphones with Apple iOS15.

As of midnight on June 12, 2022, a negative COVID-19 test result is no longer a requirement of entry for US-bound air travelers.

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*Travax content represents decision-relevant, expert synthesis of real-time data reconciled with new and existing available advice from authoritative national and international bodies. Recommendations may differ from those of individual countries' public health authorities. Travax country-specific recommendations pertain to healthy adult travelers. Guidance regarding pediatric and special needs travelers can be found under the relevant topic in the Travax Library.*

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