

## TRAVEL GUIDANCE

We continue to receive many questions around quarantine and testing for those traveling. According to the US CDC, traveling brings additional risks for contracting and transmitting COVID-19, and they strongly recommend limiting our interactions and travel at this time. We encourage our staff and families to know the risks and requirements around traveling and to communicate with school leaders if you are traveling so that we can continue to operate safely. The Maine DOE sent the following [Maine travel guidelines](#) as a reminder to all staff and families:


- **TRAVELING OUTSIDE OF MAINE:** Individuals who travel within the US are no longer required to test and/or quarantine.

However, IF A STATE BECOMES EXEMPT, then staff and students would need to:

- Complete a 10-day quarantine upon arrival in Maine and continue to monitor for signs and symptoms for an additional 4 days.  
-- OR --
- Obtain and receive a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result within 72 hours prior to arrival back into Maine to forgo the 10-day quarantine.
  - Travelers may be tested upon arrival in Maine as well but must quarantine while they wait for test results.
  - A negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result will allow the traveler to leave quarantine early.
- **TRAVELING OUTSIDE THE U.S.:** Individuals who travel internationally are required to have a negative COVID-19 test result or documentation of recovery--regardless of vaccination or antibody status--before boarding a flight back into the US (see [CDC FAQs](#)). The current CDC risk assessment level for COVID-19 is at 4, or VERY HIGH, for nearly every country. You can review the risk levels by country [here](#).
  - Upon return to the US, staff and students must quarantine and may return to work/school after they:
    - Get tested 3-5 days after travel, and receive a negative test result **AND** stay home and self-quarantine for 7 days after travel.
    - Do not get tested and stay home for 10 days after travel.
    - Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
  - It is *recommended* that fully vaccinated individuals test 3-5 days after international travel
  - For individuals who arrive in Maine more than 7 days after travel, follow guidelines for domestic travelers arriving in Maine.

## CORONAVIRUS DISEASE 2019 (COVID-19)

International Travel RECOMMENDATIONS AND REQUIREMENTS		
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) CS323515-A 04/02/2021

- **OTHER PERTINENT INFORMATION:**

- Returning to work or school after travel is not dependent on the length of time spent within the restricted states or other countries, meaning that a day visit still requires any person to quarantine and/or test as described above.
- All members of the household who travel must test or quarantine if over 12 months old.
- Testing site information for Maine can be found [here](#).
- Any person who is quarantining should stay home, and not have in-person contact with others unless there is an emergency.
- Please continue to follow best practice safety protocols: wear a mask, keep physical distance, wash your hands and monitor for symptoms, and help protect our schools and neighbors.

- **RECOVERED FROM COVID:**

- People who have tested positive for COVID-19 within the past 90 days (3 months) and recovered will not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop new-onset symptoms within the 90 days following the initial positive result, may need to retest if there is no other cause identified for their symptoms (call PCP). [[Page 16](#)]

- **THOSE FULLY VACCINATED:**

- People who are fully vaccinated against COVID-19 (14 days post-second shot), and are traveling or identified as a close contact will not have to quarantine or get tested again as long as they do not develop new symptoms. [[Page 1](#)].

- **RESOURCES:**

- [Keep Maine Healthy Plan](#)
- [Maine FAQs Document](#)

- Maine CDC Health Updates: [Quarantine & Testing](#) followed by [Clarification](#)