

- You have been exposed to COVID-19 unless you are fully vaccinated or recovered from COVID-19 in the past 90 days.
- You are sick.
- You tested positive for COVID-19 and haven't ended isolation (even if you are fully vaccinated).
- You are waiting for results of a COVID-19 test. If your test comes back positive while you are at your destination, you will need to isolate and postpone your return until it's safe for you to end isolation. Your travel companions may need to self-quarantine.

Do NOT travel if...

- If you are considering traveling for a holiday or event, visit CDC's [TRAVEL](#) page to help you decide what is best for you and your family.
- CDC still recommends delaying travel until you are [fully vaccinated](#).
- If you are not fully vaccinated and must [travel](#), follow CDC's recommendations for unvaccinated people. If you will be traveling in a group or family with unvaccinated people, choose safer travel options. Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).

Traveling during the Holidays

Staying safe requires leader engagement and Soldier professionalism.

Regardless of vaccine status, wear your mask during travel and around large crowds, and avoid sick people.

Exposed to someone COVID-19 Positive?

- Per CDC, take a COVID-19 test 3-5 days after exposure or prior to travel
- Let your chain of command know about the exposure and your test results

Self-Monitor: Self-monitor for signs and symptoms of COVID: Cough, congestion, runny nose, or sore throat, shortness of breath, loss of taste or smell, chills, diarrhea, repeated shaking with chills, feeling feverish/temp over 100 degrees, muscle pain, headache, known close contact in the last 14 days with a person who is COVID-19 positive.

Report: Report signs & symptoms as soon as possible.
(Soldiers Only) 32d Med Bde Staff Duty: 210-221-4208 / 5349
Inform your supervisor, chain of command or drill sergeant.

Remain connected!
Visit the HBL Page:



www.medcoe.army.mil



<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
CDC TRAVEL PAGE:

- Outdoor events and activities are safer than indoors.
- If you haven't been vaccinated yet, [find a vaccine](#).
- If you are not fully vaccinated and aged 2 or older, you should wear well-fitting masks over your nose and mouth if you are in public indoor settings.
- In general, you do not need to wear a mask in outdoor settings.
- In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.
- Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
- Avoid crowded, poorly ventilated spaces.
- If you are sick or have symptoms, don't host or attend a gathering.
- Get [tested](#) if you have symptoms of COVID-19 or have close contact with someone who has COVID-19.

Stay Safe During Indoor and Outdoor Activities with Others

HOLIDAY TIPS

MEDCoE
Wishes You
a Happy,
Healthy and
Safe Holiday
Season

