

# COVID-19 Guidance for International Travelers

If you have recently traveled internationally, please follow these guidelines to keep yourself and others safe.

## WHAT TO DO



### Get a viral test (PCR or antigen) 3-5 days after your arrival date.

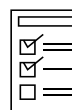
- If you are unvaccinated, get tested 3-5 days after travel AND stay home and self-quarantine for a full 7 days even if the test is negative, and monitor your symptoms.
- If you are fully vaccinated get tested 3-5 days after travel and monitor for symptoms.

To find a testing location close to you, please visit: <https://govstatus.egov.com/ky-covid-testing>



### Monitor your symptoms:

- You may or may not develop symptoms even if you are infected with the virus.
- Even if you do not have symptoms, you may be able to spread the virus to others.
- Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of taste or smell, and more. If you develop symptoms and you feel you need care, contact your medical provider.



### If you test positive, please do the following:

- Isolate at home for 10 days from the day that symptoms began or that testing occurred.
  - Notify close contacts (people who have been within 6 feet of you for 15 minutes or more), starting 2 days before the day your symptoms started or the day you received your COVID-19 test if you don't have symptoms.
    - Your close contacts who are not fully vaccinated against COVID-19 should quarantine for **10 full days if they have NO symptoms**; quarantine may be shortened to **7 days** if they **NO symptoms** and **test negative on or after day 5 of quarantine**.
    - Your close contacts who are fully vaccinated do not need to quarantine if they have **NO symptoms** since last seeing you. They should get testing between 3-5 days after their last exposure.
- Learn more about the [CDC Quarantine Guidance](#).



- If you have questions, contact your [local health department](#).
- Contact your healthcare provider if symptoms worsen and you feel you need medical attention.



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