

MCHS Travel Guidelines

OHA Recommendations for Travel

Effective Date: June 4, 2021

Definitions:

- “Essential travel” means travel that is for the purposes of: Work such as, but not limited to, critical infrastructure or supply chains support, economic services, health care services, security; Study as part of enrollment in an educational institution; Participation in K-12 school sports, adult, youth and club sports in accordance with the Indoor and Outdoor Recreation and Fitness Establishments Guidance; or A family emergency.
- “Non-essential travel” means travel that is for the purposes of tourism, recreation or any other purpose that does not fit the definition of “essential travel”.

Individuals arriving in Oregon from other states or countries for non-essential travel, including returning Oregon residents, should, but are not required to:

- Self-quarantine for 10 days after arrival;
- Limit their interactions to members of their immediate household.

Note: A 14-day quarantine is the safest option to prevent the spread of COVID-19 to others. There is a small but significant chance that a shortened quarantine period may result in post-quarantine transmission. Therefore, it is critical that close contacts continue to monitor themselves for symptoms daily for a full 14 days after their last exposure to a person with COVID-19. If symptoms develop, the individual should return to quarantine, notify their local public health authority, and call their healthcare provider to discuss testing.

Travelers arriving via international air travel must follow the Centers for Disease Control and Prevention (CDC) testing and quarantine guidelines.

[International Travel During COVID-19](#)

Guidance for fully vaccinated individuals:

Quarantine recommendations do not apply to individuals arriving to Oregon from other states or Oregon residents returning from other states, following the CDC Interim Public Health Recommendations for Fully Vaccinated People if:

- They have received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose vaccine, AND
- It has been at least 14 days since their final dose of COVID-19 vaccine, AND
- They have no COVID-19 symptoms.

Individuals should still monitor themselves for COVID-19 symptoms during the 14 days after travel and, if symptoms develop, they should self-isolate and seek testing.