

20-1341

The Secretary presents his compliments to their Excellencies and Messieurs and Mesdames the Chiefs of Mission and wishes to bring to their attention information concerning updated Centers for Disease Control and Prevention (CDC) guidance for travel during the COVID-19 pandemic.

In order to help prevent the spread of travel-related cases of COVID-19 in the United States, the CDC has provided updated guidance for passengers returning from domestic and international travel. Regardless of where the travel occurred, the CDC recommends that these actions should be taken to prevent others from getting sick:

- When around others, stay at least 6 feet from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a mask to keep your nose and mouth covered when you are outside of your home.
- Wash your hands often or use hand sanitizer.
- Watch your health and look for symptoms of COVID-19. Take your temperature if you feel sick.

- Follow state, territorial, tribal, and local recommendations or requirements after you travel by visiting:

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

Some types of travel will put individuals at a higher risk for exposure to COVID-19. A higher risk area is an area that is experiencing high levels of COVID-19, including destinations with a Level 3 Travel Health Notice. The Travel Health Notice can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html> . If a traveler believes to have been exposed, CDC recommends the following steps be followed:

- Stay home as much as possible.
- Avoid being around people at an increased risk for severe illness from COVID-19.
- Consider being tested for COVID-19.

Foreign missions are encouraged to stay up to date on CDC guidance for travel during the COVID-19 Pandemic by visiting

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html> . Additionally, foreign missions should also follow CDC guidance for returning from domestic and international travel at

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html#:~:text=Regardless%20of%20where%20you%20traveled,everywhere%2C%20both%20indoors%20and%20outdoors.>

Inquiries concerning this and other matters related to COVID-19 may continue to be transmitted by electronic mail to [OFM-EmergencyMGT@state.gov](mailto:OFM-EmergencyMGT@state.gov).

Past circular diplomatic notes and notices released by the Office of Foreign Missions related to COVID-19 may be found at <https://www.state.gov/office-of-foreign-missions-coronavirus-disease-2019-covid-19-information-and-resources/>.

Department of State,

Washington, September 14, 2020 